



INSIDE Helping out



The annual Army Emergency Relief fund raising campaign is here. See Page 4

Team work



Oregon National Guard and active duty soldiers team up during task force training. See Page 15

Happenings



Cheyenne Mountain Zoo exhibits rare and exotic animals in a mountain setting. See B1

Weather hotline

Fort Carson community members can check reporting times and post closure status by calling the severe weather hotline at 526-0096.

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Courtesy Photos

Soldiers in Howtizer Battery from 3rd Armored Cavalry Regiment help sling-shot Gold Kings T-shirts recently during intermission.



Gold Kings' R.J. Enga, left, lays into an Idaho Steelhead player during a game.

Gold Kings tip crowns to Fort

by Spc. Bryan Beach
Mountaineer staff

In order for any good team to succeed and win it takes cooperation, pride, spirit and practice. These are the basic building blocks of any successful organization whether it's the U.S. Army or the Colorado Gold Kings hockey team. In recognizing all Fort Carson does for the community, the Gold Kings are sponsoring a Fort Carson Appreciation Night,

March 19.

This is the first year for the Kings to play in Colorado Springs. They moved here after 25 years of playing in Fairbanks, Alaska.

"Fort Carson contributes a lot to Colorado Springs as well as the nation. The least we can do is show our appreciation," said Mark Browning, account executive for the Colorado Gold Kings and Army veteran. "Fort Carson is also

our immediate neighbor and it just makes good sense to want to get soldiers involved."

Browning said he hopes a lot of soldiers come out for Fort Carson night and show their Army pride.

"There is a lot of military presence in this town, and one thing we've noticed is that soldiers have a lot of pride.

See Hockey Page 5

No problems predicted with Y2K, Fort Carson systems

by Nel Lampe
Mountaineer staff

Hardly a day passes without a news story mentioning the impending "Y2K" problem.

Many people are concerned about what will happen the instant after 1999 ends. Will computers recognize 00 as the year 2000, or as 1900? What will happen if computers don't think it is 2000?

Since the early days of computers, digital space was saved by inputting dates as two digits rather than taking twice as much space for four-digit dates — 99, for example, rather than 1999.

According to Capt. Karen M. Gaiennie, Technical Management, Directorate of Information Management, and former Y2K project officer, "They didn't foresee that 20-30 years down the road that four digits would matter," Gaiennie

said.

"Until it's tested, it is an unknown," Gaiennie said.

"Readiness, safety and security at Fort Carson won't be impacted by the arrival of the year 2000," said Vince Guthrie, an industrial engineer with the Directorate of Public Works.

Acknowledging that Fort Carson doesn't operate in a vacuum, Guthrie has coordinated with suppliers, such as the city of Colorado Springs.

The city supplies power and water to Fort Carson. The city has tested and updated its computer systems, and doesn't expect a problem when 1999 ends, he said.

Guthrie said that the post looked at and tested boiler plants, water and sewer systems, intrusion detection systems, heat and air conditioning controls, traffic lights communications and medical and hos-

pital systems.

Captain Charles H. Ogden, project officer at DOIM, said that Fort Carson is among the leading installations in Forces Command in Y2K compliance. Fort Carson has completed the renovation and certification of all critical systems, according to Ogden.

Gaiennie likened some of the "hype" surrounding the Y2K perceived problem to some of the 50s bomb shelter scares.

"Every country has some major natural disasters," Gaiennie said. "Every major disaster or catastrophe causes a few days of inconveniences, even if vital systems go down," she said. Even if there are some Y2K problems, Gaiennie said, they shouldn't be more disruptive than a natural disaster might be.

Ogden said there are soft-

ware programs which "fool" the computers into thinking it is 1999, then people observe the way the computer responds and look at the results.

According to Ogden, the software programs change computer dates to Dec. 31, 1999, at 23:59:55 hours. The software allows the date to "rollover" to Jan. 1, 2000, and alerts the user to any errors caused by the rollover.

Ogden said a second program fixes the errors by rewriting date fields in the programming code.

Gaiennie observed that, in a sense, the Y2K problem has been good for the industry and businesses, as it has forced companies to modernize and upgrade equipment. The Y2K issue may have forced them to upgrade earlier.

See Y2K Page 3

Commanders

Mountain Post faces priority missions



Riggs

“We all must work together to make this a successful mission for our Army and our nation ...”

In the near term three priority missions come to mind that I consider very important to the progress of the Mountain Post and the Integrated Division. I ask all to work these efforts with the sense of urgency required to ensure we provide our Army with the quality forces required to meet our nation’s defense needs.

The 3rd Armored Cavalry Regiment’s deployment to Bosnia early next year is a national level mission, all actions leading up assumption of the mission, to include training and deployment of the force must be properly prepared, planned, coordinated and executed. Additionally, many efforts to ensure proper family care during deployment are being put in place.

In support of 3rd ACR’s train up, we are going to construct a training site at Camp Red Devil to replicate the conditions and facilities of the area of operations where the regiment will operate in Bosnia. Additionally, European-style road signs will be installed along the range roads and supply routes in the training areas. The Directorate of Public Works will repair existing buildings and construct new facilities to replicate a U.S. base support facility by mid-summer.

The 3rd Brigade Combat Team, 43rd Area Support Group and other Mountain Post team members will organize and execute the training to prepare the regiment for its mission in Bosnia. All

agencies will pitch in to support this mission in one way or another. The Army Community Service staff will work closely with the 3rd ACR’s family members’ support group. Other agencies will continue to provide fundamental support such as legal, medical, education, housing, spiritual and recreational services for those who will await the return of the regiment. These and many other services are necessary to ensure that the soldiers who are deployed can be assured that their families are taken care of, allowing them to concentrate on their mission. We all must work together to make this a successful mission for our Army and our nation.

My second priority is the formation and training of the Integrated Division. It is a mission that is important to the future of our Army. During this fiscal year, it is vital that we get the foundation set for command and control of the divisional forces to accomplish Training and Readiness Oversight for the years to come.

The first deployment mission for the division has been assigned to three rifle companies of the 39th Brigade from Arkansas. They will conduct post-mobilization training at Fort Carson and deploy to the Persian Gulf region to provide security, beginning this summer.

In the meantime, other units from the division’s two sister brigades are conducting quality training at home station and distant places. I’ve just returned from observing elements of the 41st Brigade from Oregon conducting training in Japan in exercise North Wind. Very soon a military police company from the 45th Brigade in Oklahoma will deploy to conduct its annual training in Panama.

While all this is happening, the division staff continues to grow and reach out to provide training and readiness oversight for these three brigades. The three brigade headquarters are currently rotating through Warfighter Seminars at Fort Leavenworth before they begin Brigade Command

Battle Simulation Training this spring and summer.

As these units train and deploy, they will call on our expertise in all forms of deployment support. I want the entire Mountain Post staff to understand that the Integrated Division mission is a vital part of our mission responsibility.

My final priority remains — readiness of the forces assigned to Fort Carson. We do not have the luxury of picking when and where we would like to deploy. It just doesn’t work that way. As such, readiness of the forces on Fort Carson must continue to be of vital importance. I am especially interested in achieving quality training when we deploy downrange at Fort Carson for maneuver and gunnery events.

Quality training is challenging and safe training. We must carefully plan and execute our training as if it is the real thing — in order to see what right looks like.

Special emphasis will be placed on July’s deployments to and maneuvers at the Pinon Canyon Maneuver Site where elements of each brigade level headquarters will be involved in a force-on-force exercise.

There is going to be a war at Pinon Canyon this summer.

We will be busy, yes, but let us never get too busy to focus on the fundamentals that have made our Army strong. Soldier readiness — read: qualified with individual weapon, physically fit, MOS qualified and well disciplined — is key to our Army’s success on future battlefields. I challenge our NCO Corps to ensure our soldiers remain challenged, well led, cared for and trained in the fundamentals of our profession.

Proud to serve!

Major General John M. Riggs
Commanding General



What woman do you think has played a major role in history this century?



Karen Otero
ACS

Rosa Parks, because I think she was an extraordinary woman.



Sgt. Justin Bean
HHC Light Division

Nancy Reagan, because of the influence she had over children not to use drugs.



Spc. Jason Hischer
4th PSB

Billy Jean King, because she helped to bring women into sports.



Capt. Sherri Reed
PA O

Lt. Col. Heidi Brown, because she was the first Air Defense Artillery Patriot, battalion commander.

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This newspaper is an authorized photo offset publication produced weekly in 15,000 copies for members of the Army. Contents are not necessarily the view of the Army or Fort Carson.

The Mountaineer is an unofficial publication authorized by AR 360-81. Editorial content is prepared, edited, and provided by the Public Affairs Office of Fort Carson. The Mountaineer is printed by Gowdy Printcraft Press, Inc., a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Carson.

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All correspondence or queries regarding advertising and subscriptions should be directed to Gowdy Printcraft Press, Inc., 22 North Sierra Madre, Colorado Springs, CO 80903, phone (719) 634-1593. The Mountaineer’s editorial content is edited, prepared and provided by the Public

Affairs Office, Bldg. 1430 (post headquarters), Fort Carson, CO 80913-5000, phone (719) 526-4144 or 4146.

Releases from outside sources are so indicated. Army News Service (ARNEWS) releases are received from Headquarters, Department of the Army. The deadline for submissions to the Mountaineer is close of business the Friday before the issue the submission will appear in. The Mountaineer staff reserves the right to edit the submissions for newspaper style, clarity and typographical errors.

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News

Critical systems should work in new millen-

Y2K

From Page

She first began working on the project about two years ago, and someone had been working on the project several years prior to her arrival.

“People have a fear of the unknown,” she said. “They need to realize that not every microchip is date sensitive.”

For instance, your car shouldn’t have a problem with the year 2000.

Guthrie said that people shouldn’t panic. If

there’s something they are concerned about, they should contact the manufacturer, bank or utility company to see whether the systems have been tested.

“Critical systems should work,” Gaiennie said. Guthrie said that in spite of everyone’s best efforts, there could still be a failure.

Critical systems already have back-up generators, he said. There are manual overrides and ways to work around a system that fails.

Although a few personal computers out there which haven’t been upgraded, those computers aren’t tied to critical systems, said Gaiennie.

To use RighTime, from a military address, download it from the FORSCOM home page at <http://freddie.forscom.army.mil:2010/y2k>. From the home page go to TOOLS and download RighTime.

For more information about Y2K problems at Fort Carson call,526-3612 or via e-mail at ogden@carson-exch1.army.mil .

Road to Soldier races through fire to save fallen comrades

Citation:

For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty. P/Sgt. Grandstaff distinguished himself while leading the Weapons Platoon, Company B, on a reconnaissance mission near the Cambodian border. His platoon was advancing through intermittent enemy contact when it was struck by heavy small arms and automatic weapons fire from 3 sides. As he established a defensive perimeter, P/Sgt. Grandstaff noted that several of his men had been struck down. He raced 30 meters through the intense fire to aid them but could only save 1. Denied freedom to maneuver his unit by the intensity of the enemy onslaught, he adjusted artillery to within 45 meters of his position. When helicopter gunships arrived, he crawled outside the defensive position to mark the location with smoke grenades. Realizing his first marker was probably ineffective, he crawled to another location and threw his last smoke grenade but the smoke did not penetrate the jungle foliage. Seriously wounded in the leg during this effort he returned to his radio and, refusing medical aid, adjusted the artillery even closer as the enemy advanced on his position.

Recognizing the need for additional firepower, he again braved the enemy fusillade, crawled to the edge of his position and fired several magazines of tracer ammunition through the jungle canopy. He succeeded in designating the location to the gunships but again this action drew the enemy fire and he was wounded in the other leg. Now enduring intense pain and bleeding profusely, he crawled to within 10 meters of an enemy machinegun which had caused many casualties among his men. He destroyed the position with handgrenades but received additional wounds. Rallying his remaining men to withstand the enemy assaults, he realized his position was being overrun and asked for artillery directly on his location. He fought until mortally wounded by an enemy rocket. Although every man in the platoon was a casualty, survivors attest to the indomitable spirit and exceptional courage of this outstanding combat leader who inspired his men to fight courageously against overwhelming odds and cost the enemy heavy casualties. P/Sgt. Grandstaff’s selfless gallantry, above and beyond the call of duty, are in the highest traditions of the U.S. Army and reflect great credit upon himself and the Armed Forces of this country.

AER campaign kicks-off Army wide

by Pfc. Socorro Spooner
Mountaineer staff

Worldwide there is one organization, the Army Emergency Relief Fund, which assists soldiers during times of financial crisis. Since the inception of the program in 1942, AER has helped active duty, retirees, reserve units, widows and family members get through unexpected financial crisis' through grants and no interest loans, according to retired Lt. Gen. Nathaniel R. Thompson Jr., director of AER.

"We have the money to pay the bill," said Thompson. "It's your money (and) we will invest wisely and return it to you fivefold."

This is why supporting the AER campaign is

important, said Thompson. Especially because anyone can find themselves in a financial crisis whether it is paying funeral costs after a sudden death in the family or money to fix a car for a one car family, he said.

Not only does AER offer no-interest loans and grants, they also offer scholarships for education. Last year, nearly 2,000 soldiers and their families were assisted by AER, according to Fort Carson's Commanding General, Maj. Gen. John M. Riggs. This year's goal is to raise \$210,000 which would amount to about \$1 per soldier per month, said Riggs.

"AER is here to help the Army family," said

Riggs. "Support AER with your donation."

AER donations are collected by unit AER representative now through May 15. For more information, call 526-4783.

Wanted:

The Mountaineer is writing a story about soldiers who work part-time. Call the editor at 526-4144.

Mountain Post Team MVP

Directorate of Logistics Maintenance Division's combat shop



John Lehrman

This week's Most Valuable Player is John Lehrman, a work leader at the Directorate of Logistics Maintenance Division's combat shop.

Lehrman was recently recognized as the DOL's semi-annual employee of the year. He is known as "the best in the business," is always working, coaching, teaching and mentoring soldiers and civilians for the DOL shop. With more than 34 years of service with 30 of those years at Fort Carson's DOL, he is considered the

best in the business not just technically.

He takes care of soldiers by giving them the opportunity to learn and challenge themselves by pushing them hard, making them dig into manuals and teaching them the rigors of problem solving. When soldiers leave DOL, they can be counted on to never forget their training, successes, experiences or the name of their mentor in the DOL's Combat Shop.

*This feature in the "Mountaineer" will spotlight a soldier, Department of the Army civilian, retiree, family member or volunteer each week for an outstanding act or performance. **We need nominations to run this feature every week.** Each week, the MVP will be selected from nominations from the Fort Carson community. Nominations should include the person's full name, rank or title, what they did that resulted in the nomination and a phone number where they can be reached. The deadline for nominations is 3 p.m. Thursday for the following week's "Mountaineer." Nominations can be faxed to 526-1021 or mailed to:*

*Mountaineer
Public Affairs Office, Building 1430
Fort Carson, CO 80913-5000.
For more information, call 526-4144.*

Community

Quality of life an issue

Army Family Action Plan seeks delegates



Photo by Pfc. Socorro Spooner

Tammi Overby, Army Family Action Plan coordinator, meets with delegates for the conference on March 31 at the Elkhorn Center.

**by Pfc. Socorro A. Spooner
Mountaineer staff**

Soldiers voices are being heard Army-wide.

Fort Carson soldiers wanting to voice their opinions about quality of life are invited to the annual Family Action Plan conference March 31 at the Elkhorn Center.

The purpose is to give soldiers a voice in bringing up the issues of soldiers and their families that affect the quality of life, according to Nancy Montville, Outreach Program manager.

"They (soldiers) are representative of their unit or organization," she said. "They focus on broad issues to improve the quality of life (here)."

Delegates for the conference are all volunteers and represent the entire Mountain post community, said Montville.

Although changes do occur as a result of AFAP, delegates also must remember it takes

awhile for the concerns to be addressed, said Montville.

The delegates are asked to present issues or problems that they feel need to be fixed, she said. They do this by forming work groups to deal with issues such as medical/dental, entitlements, housing, employment/volunteers, family support, force support/leadership (soldier issues) and relocation. The purpose of the work groups is to identify and prioritize soldier and family quality of life issues, said Montville.

The delegates formed into nine work groups in which each group comes up with three major issues for the entire group, said Montville.

Once all nine groups present their three major issues all delegates vote to choose the top five issues to be addressed.

The issues resulting from the conference will be addressed and answered by the agency or agen-

cies that have the knowledge to correct the issue, said Montville. Commanders and Army leaders value and act on the information AFAP provides about the needs and expectations of soldiers and families.

The goal of the Fort Carson forum is to assist leaders in the positive reshaping of Fort Carson's quality of life. If they can't be answered locally, they are then forwarded to U.S. Forces Command and then to the Department of Defense if necessary, she said.

To ensure the success of the conference, volunteers are still needed to participate as delegates, said Montville.

The positions available are limited; interested volunteers must contact Army Community Services. Representatives can register to become a delegate and issues can be submitted at ACS. For more information, call 526-4590.

Being overweight can hurt more than looks

**by Capt. Joanna J. Reagan,
MHA, RD**

Often, we hear conflicting information about nutrition, fitness, and weight controls.

Overall, total calorie intake has been increasing in the past 20 years, partly due to an increasing intake of foods low in fat, according to a survey in the Journal of American Medicine Association 1994. Therefore, cholesterol levels are dropping in the United States, cited CL Johnson and BM Rifkind. But, because physical activity levels have not changed very much, Americans are getting fatter.

Is it harmful to be overweight? Last year, two reports in the New England Journal Medicine compared the relationship between body weight and mortality.

Both reports indicate that obesity shortens lives. The Nurses' Health Study compared the association between mortality and body-mass index (defined as the weight in kilograms divided by the square of the height in meters).

The Honolulu Heart Program (a study of Japanese American Men) showed the differences of obesity compared to race and sex.

The Nurses' Health Study started with 115,195 women (30 to 55 years of age) free of known cardiovascular disease and cancer.

During 16 years of follow-up, 4,726 deaths were documented of

which 881 were from cardiovascular disease, 2,586 from cancer, and 1,256 from other causes. The results showed that women more than 140 percent of their recommended weight were at 4.1 times greater risk of developing cardiovascular disease.

In the Nurses' Health Study, mortality from coronary heart diseases was strongly related to the relationship of the waist to the hip circumference, a stronger predictor of CHD than body mass index. The risk of CHD also depends upon where the body fat lies. People who carry weight around the waist have a greater chance of heart disease (due to metabolized fat closer to the heart) than people who carry their weight near the hips.

One thing is for sure, the incidence of obesity is increasing in America. Thirty-two million women and 26 million men (approximately one third of the U.S. adult population) are overweight (at least 20 percent more than "desirable" levels). National survey data suggest that in the past 15 years, the mean body weight of U.S. adults has increased by eight pounds. (Not to mention the recommended weight standards have become increasingly permissive over the past several decades.)

There are many health issues associated with being overweight:

- High blood pressure occurs two

Community recognize soldiers' contributions

Hockey

From Page 1

"That (pride) is something not seen by too many people outside the gates of Fort Carson. This will give them a chance to really show their pride," Browning said.

The Gold Kings have a full night of fun and entertainment planned for the game. The Fort Carson Color Guard is to present the colors, Harmony in Motion is to perform the national anthem, Maj. Gen. John M. Riggs, commanding general, is scheduled to drop the ceremonial puck, soldiers are to rappel from the rafters, a Humvee and artifacts from the 3rd Armored Cavalry Museum are to be on display at the World Arena for the public to view and several give-aways are planned throughout the evening with prizes to include free dinners and electronics.

"This is the first of what the Gold Kings and Fort Carson hope to be an annual event," said 1st Lt. Ben Quigley, Community Relations Officer for the Public Affairs Office. Fort Carson Day allows the command the opportunity to show the post and its soldiers in a favorable light. It provides the soldiers and their families an affordable and positive entertainment option.

"We hope soldiers in the crowd get a sense of pride and esprit de corps in seeing fellow soldiers being recognized and performing in the opening ceremonies," Quigley said.

According to Chris Johnson, marketing director for the Gold Kings,

there are a lot of plans for showing appreciation to the military next season.

"We hope to make arrangements to reduce ticket prices even more next season, to hold a competition for the unit who can 'Hoo-ahh' the loudest and possibly discount concession sales on (beverages) and food," Johnson said. "But it's like anything else — in order for us to convince the ownership to allow bigger discounts for military, we need to show a positive military turnout."

In order for the marketing division of the Kings to show the percentage of military audience members, they ask that people buy their tickets through the Information, Tour and Travel Office.

The Colorado Gold Kings promise to offer an entertaining and exciting evening for the money. Tickets are available in advance through ITT or at the gate for \$10 with a valid military ID. Children under the age of 2 get in free. The first 30 tickets bought through the ITT office are given a free shuttle ride to the game.

The last two games of the regular season are March 19 and 20. Regular season consists of 72 games and runs from October through March. The Gold Kings are currently in 3rd place in their division and are guaranteed a seat in the playoffs with a record of 32 wins, 23 losses and six shoot-out losses. Playoffs begin March 31 in a bid for the West Coast Hockey League Taylor Cup at the World Arena.

Taxpayer relief act helps protect investments

Fort Carson Tax Center

Taxpayers have investment income when they receive distributions from investment interests in stocks, bonds, mutual funds or other income producing assets they own. To determine your tax liability, it is important to know which distributions from your investments are taxable. Normally, all ordinary dividends, capital gains, and reinvested distributions are taxable.

Ordinary dividends are the most common type of distribution from a corporation. They are paid out of the earnings and profits of a corporation and considered as ordinary income.

A capital gain is taxable income produced from the sale of a capital asset. Generally, everything a taxpayer owns, including assets retained for personal use, pleasure, and investment, is a capital asset. Some examples are: stocks or bonds held in a personal account, a primary home and a personal car. Capital assets are further divided into long-term capital assets and short-term capital assets. In addition, each type of asset carries a different tax liability.

The 1997 Taxpayer Relief Act changed the definition of a capital asset for 1998. In previous years a long-term capital asset was any capital asset held more than 18 months and a short-term capital asset was any capital asset held less than 18 months.

In 1998, a long-term capital asset is any capital asset held for longer than a year and a short-term capital asset is any capital asset held less than a year. This change allows taxpayers to take advantage of the favorable tax status on sales of assets held for more than one year. Long-term capital gains are taxed at a lower tax than ordinary income. Although the computation to determine the tax liability is quite complicated, the explanation is simple. Taxpayers who must pay tax based on the 15 percent tax bracket pay a 10 percent tax on their long-term capital gains, while taxpayers in the 28 percent and higher tax brackets pay a 20 percent tax on their long-term capital gains. Short-term capital gains are taxed at the taxpayer's normal tax rate.

Reinvested distributions are income from investments such as stock purchase plans and mutual funds that are not given back to the investor, but used to purchase more stock or mutual fund shares.

Amounts reinvested in these plans are taxable when they could have been distributed. The tax rate for these amounts depends on whether the distribution would have been characterized as an ordinary dividend or as a capital gain.

The income received from investment assets is reported on such forms as Form 1099-DIV, Dividends and Distributions or 1099-B, Proceeds

From Broker and Barter Exchange.

It is important to bring these forms with you when you have your tax return prepared. In addition, if you have sold stock or mutual funds in 1998, you must know the price you paid per share for the investment and the date purchased. If an investment

firm supervises your investment account, they should have this information. If your investment firm does not provide this information it may be a good idea to switch to one that does.

For more information call Fort Carson Tax Center, 524-1012 or 524-1013.

Tax Center Check List and times

Infomation needed to prepare a tax return

- * All W-2s received;
- * Social Security Numbers for yourself and all dependents; and if relevant:
- * Form 1099 INT or DIV
- * Information on child care, IRA contributions, sale of stocks bonds, or mutual funds, and alimony paid
- * Mortgage interest statement
- * Any other financial info
- * Power of Attorney if filing for your spouse

Tax center information

Located off Woodfill Road (Across from the Colorado Inn and the Elkhorn Conference Center) in Building 6264.
Phone: 524-1012 or 524-1013

Hours of operation

M, T, W, F 7:30 a.m. to 7 p.m.
Th 1:00 to 7 p.m.
Sat** 10 a.m. to 4 p.m.
* 7:30 to 9 a.m. reserved for picking up or dropping off forms and other administrative matters only; tax preparation starts at 9 a.m.

Dates of operation

M - F*: Today to April 16
Sat* Feb. 6 and 20, March 6 and April 3 and 10.
* Not open on federal or training holidays.
**Open five Saturdays.

1999 Electronic Filing Peak Refund Cycle Chart* Information derived from IRS Pub. 2043 (Rev. 8/89)

RETURNS ACCEPTED BETWEEN THURSDAY	DIRECT DEPOSIT (FRIDAY) NOON CUTOFF	PAPER CHECK AND/OR NOTICE ISSUED (FRIDAY)
Today-Mar. 18 (Noon)	March 26	April 2
Mar. 18-Mar. 25 (Noon)	April 2	April 9
Mar. 25-Apr. 1 (Noon)	April 9	April 16
Apr. 1-Apr. 8 (Noon)	April 16	April 23
Apr. 8-Apr. 15 (Noon)	April 23	April 30
Apr. 15-Apr. 22 (Noon)	April 30	May 7

Retiree dental premiums drop, making care more affordable

Delta Dental
SACRAMENTO, CALIF. — The Uniformed Services division of Delta Dental Plan of California has announced that annual premiums for the TriCare Retiree Dental Program will fall this year by up to \$34 for full family coverage, beginning this month.

Monthly rates are scheduled to drop between 42 and 70 cents for single coverage, 89 cents and \$1.43 for two-person coverage and \$1.98 and \$2.85 for family coverage.

Actual reductions over first-year rates depend on which of five regions the subscriber lives in, based on his or her zip code.

The premium decrease follows a premium schedule accepted by the Department of Defense

when Delta first bid on the five-year contract that began almost one year ago.

The new rates reflect lower administrative costs for a program that now covers an estimated 400,000 Uniformed Service retirees and their family members. The premium schedule calls for a rate adjustment beginning each contract year.

“Premiums are based on the anticipated annual costs to Delta to administer the contract,” explained Lowell Duan, D.D.S., Delta Dental’s senior vice president in charge of Delta’s Federal Marketing Group.

“With 400,000 of the 4.2 million eligibles now enrolled in the program, we’ve successfully achieved an economy of scale in accordance with our projections that lets us provide a modest price

break in years two and three of the contract, followed by only modest increases for inflation in the final two years.”

The premium decrease is not retroactive but will be automatically applied this month to all TRDP members.

Program information, online enrollment and an online dentist directory are all available at Delta’s Uniformed Services web site at www.ddpdelta.org. Enrollees can also submit service inquiries and download claim forms from this site. By entering their zip codes, prospective and current enrollees can find out the exact premiums for their regions.

For those without Internet access, dial (888) 838-8737 for enrollment information and (888) 336-3260 for customer service.

A new way of doing business for civilian managers, applicants

**Fort Carson Civilian Personnel
Advisory Center**
Good news for managers and applicants. The current Southwest Expedient Referral Process application system is going to be revised in order to provide better service to

applicants and selecting officials. The purpose of the changes is to improve the fill-time rates of recruiting and selecting applicants. These changes were recommended, coordinated and approved by the Fort Carson Civilian Personnel Advisory Center and the

union president.

Effective March 22, applicants for appropriated fund General Schedule and Wage System positions must provide one of the following with their standard SWERP application package; a resume or Official Form 612 or

Standard Form 171. This information is provided to the selecting official when a referral list is issued by the Southwest Civilian Personnel Operations Center, located at Fort

See Jobs Page 11

Dental Corner

Insurance provides coverage for a reasonable price

Fort Carson Dental Activity

The Family Member Dental Program is the Department of Defense's dental insurance program for eligible beneficiaries. This program became necessary when the Department of Defense changed the Dental Corps staffing to reflect active duty patients only. This is only available for family members of active duty service members. The government pays for 60 percent of the premium; the service member pays 40 percent of the premium. Current fees are \$8.09 for a single-family member and \$20 for multiple family members.

The FMDP provides coverage for a broad scope of dental services. For services to be covered, they must be provided in the 50 United States, the District of Columbia, Canada, Guam, Puerto Rico or the U.S. Virgin Islands. The FMDP has patient cost shares, annual and lifetime maximums, and limitations that apply to specific services, as well as exclusions. The amount covered by the FMDP ranges from 100 to 50 percent of the allowed charge, depending on the type of dental service. Routine fillings are covered at 80 percent by the FMDP, the service member being responsible for the remaining 20 percent. Major dental procedures are covered at a lower percent. Root canals, Periodontal therapy (gum disease), and Oral Surgery are covered at 60 percent. Prosthodontics (crowns, bridges, partials, and dentures) are covered at 50 percent.

Perhaps the greatest benefit of the FMDP is the coverage for preventive services. The FMDP pays

100 percent of the fees associated with two yearly exams, two cleanings, two fluoride treatments, and all X-rays required for the exams. This includes 1 panorex x-ray every three years. The fee's associated with this coverage would total more than \$225 at most dental offices if paying for these services.

Emergency dental care is also covered at 100 percent of the fees incurred.

One recurring problem with the FMDP continues to be confusion regarding the difference between a participating provider with the FMDP and a dentist that "accepts" the FMDP.

Under the terms of the FMDP, family members can receive dental care through any provider they choose, but service members or their family members should realize that this can be a costly choice.

A participating provider agrees to not charge more than fees determined as reasonable by United Concordia. The participating provider also abides by certain guidelines imposed by the FMDP in an effort to keep costs down and keep patients informed.

A dentist that "accepts" the FMDP is not limited by these guidelines, with the ultimate result being that the service member may be left with a significantly higher dental bill.

For example:

Dentist "A" is a provider with the FMDP. His charge for a crown is the maximum permitted by United Concordia (\$565). Of this amount the FMDP pays 50 percent, with the service member being

responsible for the remainder (\$282.50). Dentist "Z" is a dentist that agrees to accept the FMDP, but is NOT a participating provider. Doctor "Z" can charge any amount for a crown. If Dr. "Z" charges \$1000 for the crown (a common fee for this service) then the service member is reimbursed a maximum of \$282.50 for this procedure. The service member is required to pay the difference (\$717.50). Another benefit of utilizing a participating provider is that all major work is pre-authorized prior to starting major procedures. In this way the service member knows before hand what their co-pays are.

In the above example, if the crown done by Dr. "Z" was later determined to be unnecessary, the service member is responsible for the entire amount of the procedure.

Service members should ensure their Leave and Earning Statement shows the deduction for the FMDP prior to making any appointments for dental services with a provider.

A current listing of all FMDP participating providers is available at all dental clinics on post, as well as at the dental inprocessing station at the Welcome Center. Any questions concerning the FMDP can be addressed to the Health Benefits Advisors located at Evans Army Community Hospital at 526-7260, or the FMDP Customer Service Hotline at 1-800-866-8499.

Questions may also be addressed to Lt. Col. Daniel Lavin at 526-2160, or to the DENTAC commander, Col. Timothy Jones, at 526-2006.

Fort Carson & Pikes Peak Community College Present

Spring Job Fair

Come meet possible employers from: ADD Staff, Inc., Allied Signal Aerospace, ARAMARK, Arapahoe County Sheriff's Office, Arko Executive Services West, Inc., AutoZone, Best Buy, The Broadmore Hotel, U.S. Dept. of Justice Bureau of Prisons, Colorado Springs Police Department, ITT Systems to list a few. The fair takes place March 24 at Pikes Peak Community College South Campus Cafeteria. For more information, call 526-1002.

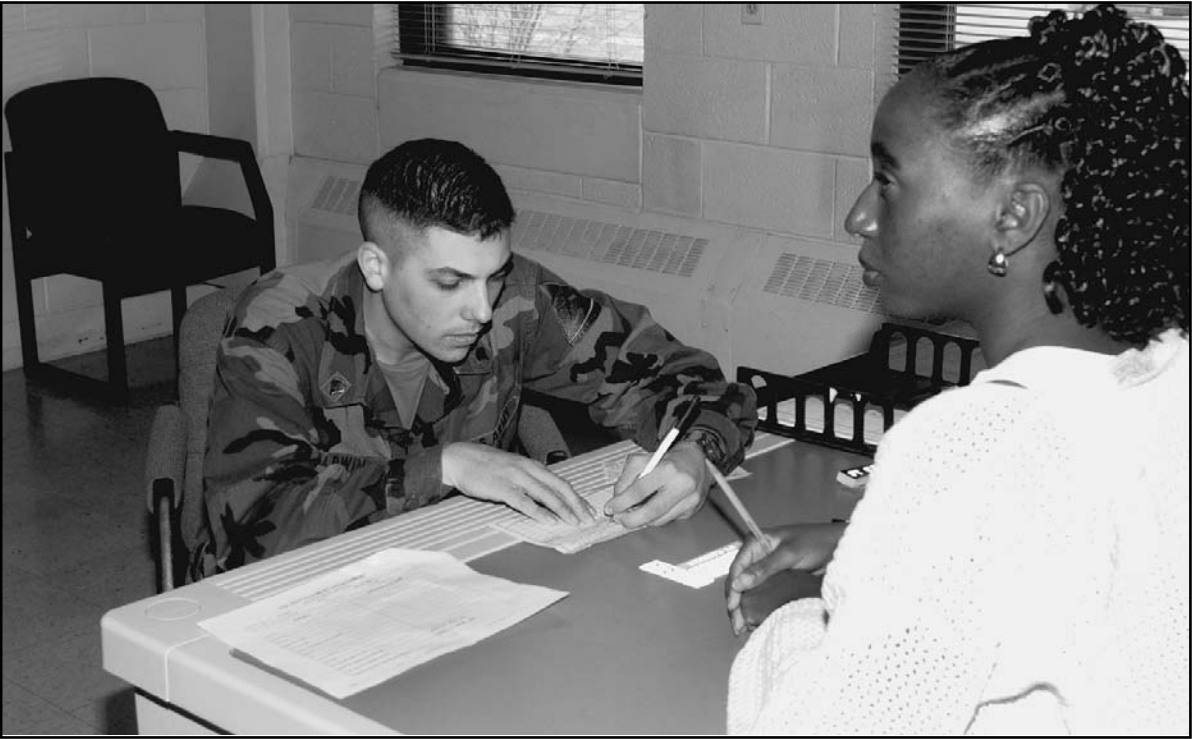


Photo by Spc. Cecile Cromartie

While inprocessing, Spc. Jeffrey Baldwin (left) fills out forms to receive his post decal for his vehicle. It is madatory for everyone who works or lives on Fort Carson to have a Department of Defense decal.

Men are at a higher risk for obesity

Fat to six times more frequently in over-weight people.

From Page

- Obese males have a higher chance of colon, rectum and prostrate cancer. Women have a higher chance of gallbladder, liver, breast, uterus and ovarian cancer.

- Studies show 70 percent to 85 percent of diabetics have a history of obesity.

- Joint disease and musculoskeletal problems such as lower back problems and herniated disks are associated with obesity. Increased weight leads to greater wear and tear on these joints, which may become irritated and painful. The increased discomfort forces the patient to become less and less active, thereby leading to further weight gain.

- The psychosocial costs of obesity include ridicule and discrimination which contributes to a low self-image and a negative emotional reaction to dieting.

Obesity is a serious issue in the United States and people have tried a variety of methods to lose weight. A news clip about the latest and greatest finding may trigger many people to try a new product or a method for a quick and easy way to lose weight.

City Bus schedule

Weekdays

Bus starts at Evans	Bus leaves from PX	Bus leaves from PPCC	Bus leaves from Nevada & Southgate	Bus ends at downtown terminal	Bus starts at downtown terminal	Bus leaves from Nevada & Southgate	Bus leaves from PPCC	Bus leaves from PX	Bus ends at Evans
a.m.	—	—	—	—	—	—	—	—	—
—	—	—	—	—	—	—	—	5:48	5:53
—	—	—	—	—	5:45	5:52	6:08	—	6:22
5:53	—	5:45	5:58	6:10	6:15	6:22	6:38	6:48	6:53
6:22	6:27	6:15	6:28	6:40	6:45	6:52	7:08	—	7:22
6:53	—	6:45	6:58	7:10	7:15	7:22	7:38	7:48	7:53
7:22	7:27	7:15	7:28	7:40	7:45	7:52	8:08	—	8:22
7:53	—	7:45	7:58	8:10	8:15	8:22	8:38	8:48	8:53
8:22	8:27	8:15	8:28	8:40	8:45	8:52	9:08	—	9:22
8:53	—	8:45	8:58	9:10	9:15	9:22	9:38	9:48	9:53
9:22	9:27	9:15	9:28	9:40	9:45	9:52	10:08	—	10:22
9:53	—	9:45	9:58	10:10	10:15	10:22	10:38	10:48	10:53
10:22	10:27	10:15	10:28	10:40	10:45	10:52	11:08	—	11:22
10:53	—	10:45	10:58	11:10	11:15	11:22	11:38	11:48	11:53
11:22	11:27	11:15	11:28	11:40	11:45	11:52	12:08	—	12:22
11:35	—	11:45	11:58	12:10	12:15	12:22	12:38	12:48	12:53
12:22	12:27	12:15	12:28	12:40	12:45	12:52	1:08	—	1:22
12:53	—	12:45	12:58	1:10	1:15	1:22	1:38	1:48	1:53
1:22	1:27	1:15	1:28	1:40	1:45	1:52	2:08	—	2:22
1:53	—	1:45	1:58	2:10	2:15	2:22	2:38	2:48	2:53
2:22	2:27	2:15	2:28	2:40	2:45	2:52	3:08	—	3:22
2:53	—	2:45	2:58	3:10	3:15	3:22	3:38	3:48	3:53
3:22	3:27	3:15	3:28	3:40	3:45	3:52	4:08	—	4:22
3:53	—	3:45	3:58	4:10	4:15	4:22	4:38	4:48	4:53
4:22	4:27	4:15	4:28	4:40	4:45	4:52	5:08	—	5:22
4:53	—	4:45	4:58	5:10	5:15	5:22	5:38	5:48	5:53
5:22	5:27	5:15	5:28	5:40	5:45	5:52	6:12	—	6:22
5:53	—	5:45	5:58	6:10	6:15	6:22	6:42	6:48	6:53
6:22	6:27	6:15	6:28	6:40	—	—	—	—	—
6:53	—	6:45	6:58	7:10	—	—	—	—	—

Saturday (no Sunday service)

a.m.	—	—	—	—	6:15	6:22	6:38	6:48	6:53
—	—	—	—	—	7:15	7:22	7:38	—	7:52
6:53	—	7:15	7:28	7:40	8:15	8:22	8:38	8:48	8:53
7:52	7:57	8:15	8:28	8:40	9:15	9:22	9:38	—	9:52
8:53	—	9:15	9:28	9:40	10:15	10:22	10:38	10:48	10:53
9:52	9:57	10:15	10:28	10:40	11:15	11:22	11:38	—	11:52
10:53	—	11:15	11:28	11:40	12:15	12:22	12:38	12:48	12:53
11:52	11:57	12:15	12:28	12:40	1:15	1:22	1:38	—	1:52
12:53	—	1:15	1:28	1:40	2:15	2:22	2:38	2:48	2:53
1:52	1:57	2:15	2:28	2:40	3:15	3:22	3:38	—	3:52
2:53	—	3:15	3:28	3:40	4:15	4:22	4:38	4:48	4:53
3:52	3:57	4:15	4:28	4:40	5:15	5:22	5:38	—	5:52
4:53	—	5:15	5:28	5:40	6:15	6:22	6:38	6:48	6:53
5:52	5:57	6:15	6:28	6:40	—	—	—	—	—
6:53	—	7:15	7:28	7:40	—	—	—	—	—

For more information about City Bus Schedules, call 385-RIDE

Civilian Personnel Advisory Center has the tools for good careers

Jobs

From Page 7

Riley, Kan. This is an important change because it will provide the selecting officials information needed to make more expedited selections.

Applicants are encouraged to submit a resume rather than an OF-612 or SF-171. The reason for this is that resumes are used when the SWERP application process is replaced by an automated application system, RESUMIX. A sample of a RESUMIX resume is at the Fort Carson CPAC.

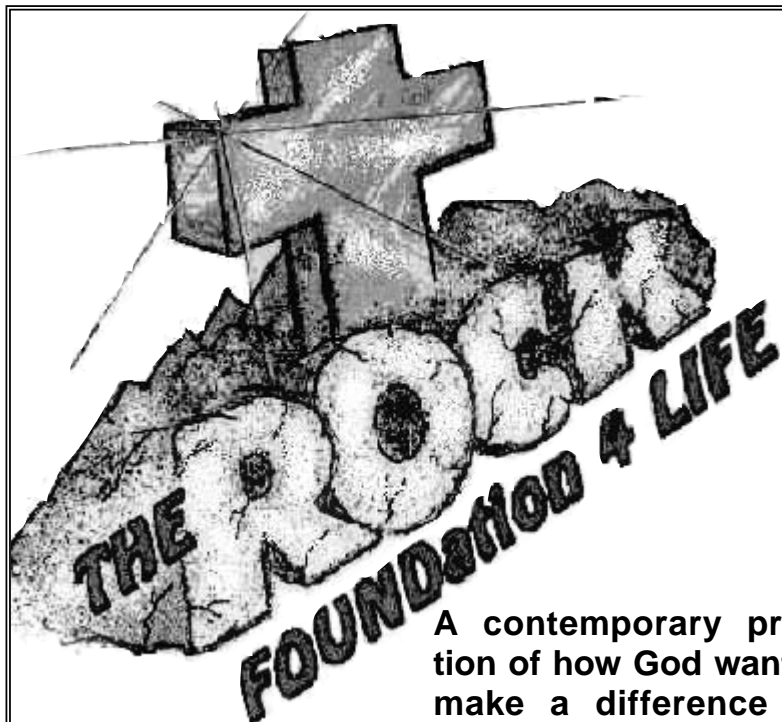
Applicants have the opportunity to hand carry their application packages for jobs announced by the CPOC to the Fort Carson CPAC for delivery to Fort Riley. For convenience purposes, the drop box is located outside the front entrance of the Fort Carson CPAC. Applications should be dropped off before 3 p.m. to be forwarded the following day. Application

packages must be received in the Fort Carson CPAC at least three days prior to the closing date. It's the applicant's responsibility to assure the application package is accurate and complete. This service is provided to reduce applicants' mail costs.

The CPOC has agreed to open job announcements two times per week on Mondays and Wednesdays rather than the current one time per week. This change could expedite the recruitment process and also result in improved fill-time of positions.

Applicants can review position vacancies on the following web site : www.cpol.army.mil . Next click on Employment Opportunities, next Army Vacancy Announcements, next scroll down to the map and click on Colorado, then click on Search now.

The Fort Carson CPAC is open 8 a.m. to 4 p.m. Monday through Friday. For more information, call 526-8326.



A contemporary presentation of how God wants us to make a difference in our everyday live.

Featuring drama, videos, kickin' music, food and fellowship.

**Every Sunday at Christopher's 10:30 to 11:30 a.m.
For more information, call Chap. Mark Jones at 524-1741 or 524-1754.**

Chaplain's Corner

Marriage unites couples for better or worse

**Commentary by Chap. (Capt.) Douglas Gibson
1st Battalion, 68th Armor**

The goal of having a happy, joyous and lasting marriage is the highest of all achievements. Unfortunately, the road we must travel is assuredly the "road less traveled." It is difficult, but necessary.

It is also worth the reward that awaits us. "There can be no genuine happiness separate and apart from a good home. The sweetest influences and associations of life are there," (Ezra Taft Benson). A happy marriage relationship requires both partners to live right. "Our behavior should leave no doubt that the commitment we made at the altar is one that we intend to keep," (David T. Seamons, Ph.D.).

It appears obvious that it is part of God's plan for couples to grow together. "We are forbidden, however, to marry one from our own family, thus virtually ensuring that we will marry someone from a family where ideas and practices were carried out in ways different from our own ... We marry someone from another gender, one socialized to see and feel and interpret things differently than we do ... I can think of no relationship which requires more patience, gentleness, compassion, understanding, selflessness, forgiveness and repentance than the role of a spouse and/or parent," (David T. Seamons, Ph.D.).

"Marriage survives our mistakes, and serves, if we will permit it, as a continuing University of Advanced Gospel application," (Carlfred B.

Broderick, Ph.D.). This makes things a little difficult to say the least, but the rewards that come as a result are endless.

As with everything, a successful marriage must be centered on Christ as his teachings. "There are many things that matter in maintaining a healthy marriage. However, there are only a few things that matter most ... the quality of a marriage rests on the strength of each partner's faith and testimony in the Savior and his mission," (Carl B. Broderick, Ph.D.). "What you sincerely in your heart think of Christ will determine what you are, will largely determine what your acts will be," (David O. McKay).

We are not much closer to God than we are to our spouse. I think this is the best barometer of where we stand with the Lord.

If our marriage relationship is not healthy and happy, if our homes are full of contention, and our hearts are not filled with peace, then we need to evaluate our marriage and our relationship with God.

The Lord said, "... for my yoke is easy, and my burden is light," (Mat. 11:28-30). "It would seem that if our yoke and burden are not easy and light, we are not yoked in Christ. We have a yoke and burden (responsibilities, commandments, covenants, etc.) in Christ, but if daily we are living faithful to true points of doctrine we will not experience our trials and afflictions as unbearable," (S. Brett Savage.).

Most problems we experience are a result of selfishness. "Every divorce is the result of selfishness of the part of one or both parties to a marriage contract. Someone is thinking of self-comforts, conveniences, freedoms, luxuries or ease," (Douglas E. Brinley, Ph.D.). Overcoming selfishness "is something much harder than merely eating humble pie. It means unlearning all the self-conceit and self-will that we have been training ourselves into for thousands of years," (C.S. Lewis.).

"The answer can be understood in connection with what might be termed a "heart problem," (Douglas E. Brinley, Ph.D.). "For a person to have a change of heart ... there must be a change in the way he perceives himself and his spouse. This change in perception comes as a spiritual transformation. It results from admitting the truth about oneself and one's spouse," (C. Richard Chidester, Ph.D.). A change of heart from one will open the door for the changing of their spouse. No matter what communication skills we use, or behavior changes we make, "unless the negative feelings in our heart change, our behavior will not permanently change," (C. Richard Chidester, Ph.D.).

A healthy and happy marriage can be different, but there is no greater happiness on earth than experiencing a joyous marriage relationship. Once we experience it, we will wonder why we didn't start making the necessary changes and commitments earlier.

Chapel

Protestant Women of the Chapel meet Tuesdays at 9 a.m. and 7 p.m. at Soldiers’ Memorial Chapel. Child care is available. For more information, call Jennifer Wake at 540-9157.

Provider Chapel presents “We the Jury” each Wednesday at noon. You are invited each Wednesday at noon to attend a special lenten lunch and drama presentation of Jesus on trial. You are the jury that decides whether Jesus was what he said he was, or not. Key witnesses such as Peter and Mary Magdalene are called to testify. There is a prosecuting attorney and a defense attorney who will examine one witness each Wednesday. Soup and sandwiches are provided. Witnesses appearing are: March 10-Judas; March 17-Nicodemus; and March 24-Caiaphas. For more information, call 526-4416.

Chapel Schedule

ROMAN CATHOLIC					
Chapel	Service	Day	Time	Location	Contact Person
Healer	Mass	Sunday	11 a.m.	Evans Army Hospital	Fr. Gagliardo/526-7386
Healer	Mass	M-W-F	11:45 a.m.	Evans Army Hospital	Fr. Gagliardo/526-7386
Provider	Mass	Sunday	12:15 p.m.	Barkeley & Ellis	Chap. Cavanaugh/526-5769
Soldiers’	CCD	Sunday	10:45 a.m.	Nelson & Martinez	Ms. Feldman/526-0478
Soldiers’	Mass	Sunday	9:30 a.m.	Nelson & Martinez	Chap. Cavanaugh/526-5769
Veterans’	Mass	Sunday	8 a.m.	Magrath & Titus	Chap. Cavanaugh/526-5769
LITURGICAL					
Provider	Lutheran	Sunday	10:30 a.m.	Barkeley & Ellis	Chap. Brock/526-4416
PROTESTANT					
Healer	Protestant	Sunday	9 a.m.	Evans Army Hospital	Chap. Jackson/526-7387
Prussman	SS/Samoan	Sunday	8 a.m.	Barkeley & Prussman	Chap. Gibson/526-5803
Prussman	Prot/Samoan	Sunday	9 a.m.	Barkeley & Prussman	Chap. Gibson/526-5803
Provider	Sun. School	Sunday	10:15 a.m.	Barkeley & Ellis	Chap. Duvall/526-4416
Provider	Protestant	Sunday	9 a.m.	Barkeley & Ellis	Chap. Stephen/526-4416
Prussman	Sun. School	Sunday	9:30 a.m.	Barkeley & Prussman	Chap. Giles/526-4206
Prussman	Prot/Gospel	Sunday	11 a.m.	Barkeley & Prussman	Chap. Giles/526-4206
Soldiers’	Sun. School	Sunday	9:30 a.m.	Nelson & Martinez	Dr. Scheck/526-5626
Soldiers’	PYOC	Sunday	6:30 p.m.	Nelson & Martinez	Mr. Kayll/526-5229
Soldiers’	Protestant	Sunday	11 a.m.	Nelson & Martinez	Chap. Cooper/526-8011
Christopher’s	Protestant	Sunday	10:30 a.m.	Specker & Prussman	Chap. Jones/524-3423
Veterans’	Protestant	Sunday	9:30 a.m.	Magrath & Titus	Chap. J. Hartranft/524-1822
Veterans’	Protestant	Sunday	11 a.m.	Magrath & Titus	Chap. Simo/526-8890
For additional information, contact the Installation Chaplain’s Office, building 6227, at 526-5209. For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636. Normally, free child care is available for infants and preschool age children during on-post worship services. Some worship services offer a children’s church for ages 6 to 12.					

Daily Bible Readings

In order to assist in regular scripture reading, the following scriptures are recommended. These are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

- Saturday, Psalms 97 & Deuteronomy 19-21
- Sunday, Psalms 98 & Deuteronomy 22-24
- Monday, Psalms 99 & Deuteronomy 25-27
- Tuesday, Psalms 100 & Deuteronomy 28-30
- Wednesday, Psalms 101 & Deuteronomy 31-34
- Thursday, Psalms 102 & Luke 1
- March 19, Psalms 103 & Luke 2-3

Where and When

Directorate of Community Activities

facilities

Physical fitness centers/swimming pools

• **Garcia PFC** ph: 526-3944 or 526-5785
M-F 6:30 a.m.-10 p.m./weekends and holidays 10 a.m.-5 p.m.
• **McKibben PFC** ph: 526-2597
M-F 6:30 a.m.-10 p.m./weekends and holidays 6 a.m.-1 p.m.
• **Waller PFC** ph: 526-2742
M-F 6:30 a.m.-10 p.m./weekends and holidays 3-10 p.m.
• **Mountain Post PFC** ph: 526-2411
M, T, W, F 6:30-9:30 a.m. (Open for after-PT showers only)
• **Forrest FC** ph: 526-2706
M-F 5:30 a.m.-10 p.m., Sat. & Sun. 10-5 p.m., Sat. 8-10 a.m. Women only.
• **Post PFC** ph: 526-1023 or 526-1024
M, T, W, F 6-9 a.m./ women only Sat. 8- 10 a.m. and Sat. and Sun. 10 a.m. to 5 p.m. and holidays closed
• **Indoor Swimming Pool** ph: 526-3107
M-F 6:30 a.m.-9:30 p.m./weekends and holidays 10 a.m.-6 p.m.
M, T, Thu, F: lap swimming 6:30-8:30 a.m. and 11:30 a.m.-1 p.m./open swimming 1-5 p.m. and 8-9:30 p.m.
Wednesdays: lap swim 11:30 a.m.-1 p.m./open swim 1-5 p.m. and 8-9:30 p.m.
Weekends and holidays: swimming lessons 10-10:30 a.m./lap swim 11-noon/ open swim noon- 6 p.m.
• **Outdoor Swimming Pool** closed

Miscellaneous

• **Post Commissary**, building 1525, ph: 526-5505
M, T, Thu, and Fri from 9 a.m.-8 p.m.; Sat from 9 a.m.-7:30 p.m. and Sun from 9 a.m.-5 p.m. Closed Wed.
• **Grant Library**, building 1528, ph: 526-2350
M-Thu 11 a.m.-8 p.m./Fri 11 a.m.-4 p.m./Sat and Sun 10 a.m.-6 p.m.
• **Multi-Craft Center**, building 2200, ph: 526-0900
W-F 1-8:30 p.m./Sat, Sun and holidays 9 a.m.-4:30 p.m.
• **AutoCraft**, building 2427, ph: 526-2147
W-F 1- 8:30 p.m./Sat, Sun and holidays 9 a.m.-4:30 p.m./ M-Thu closed
• **WoodCraft Centers**, building 2426, ph:526-3487
M-T closed/ Wed. 1- 7 p.m./ Sat and Sun 9 a.m.-4:30 p.m.
• **Cheyenne Shadows Golf Course**, ph: 526-4122
M-Sun 7:30 a.m.-5:30 p.m.
• **Divots Grill**
M-F 10 a.m.-2 p.m./Sat 8 a.m.-3 p.m.
• **Community Thrift Shop**, building 1008, ph: 526-5966
T, W, Thu 10:00 a.m.-2:30 p.m./ F- M closed
• **Turkey Creek Recreation Area**, ph: 526-3905
W-F 10 a.m.-3:30 p.m./Sat and Sun 10:30 a.m.- 4 p.m./office hours: W-Sun 8 a.m.-4:30 p.m.
• **Information Tour & Travel**, building 1532, ph: 526-5366
M-F 9 a.m.-6 p.m./Sat 9 a.m.-1 p.m./closed Sun and holidays
• **Carlson Wagonlit Travel**, building 1532, ph: 576-5404
M, W, Thu, F 9 a.m.-6 p.m./Tues 9 a.m.-5 p.m./weekends and holidays closed
• **Outdoor Recreation Complex**, building 2429, ph: 526-2083
M-Sun 10 a.m.-5:30 p.m./holidays 10 a.m.-4 p.m.
• **Pueblo Deli** (Elkhorn), building 7300, ph: 576-6646
M-F 11 a.m.-1:30 p.m./closed weekends and holidays
• **Fatz Pool and Darts**, building 1129, ph: 526-4693
T-Thu 11:30 a.m.-midnight/Fri & Sat 11 a.m.-2 a.m./Sun 1 p.m.-midnight/Mon closed
• **The Bowling Center**, building 1511, ph: 526-5542
Sun -Thu 11 a.m.-11 p.m./Fri & Sat 11 a.m.-1 a.m.
• **Youth Center**, ph: 526-2680
M-Thu 3-8 p.m./Fri 3-9 p.m./Sat 1-9 p.m. closed Sun & holidays

Army and Air Force Exchange Service



Program Schedule for Fort Carson cable channel 10, today to March 19.

Mountain Post Magazine: includes stories about Fort Carson and the Colorado Springs area. Airt at 7 a.m., noon, 7 p.m. and midnight.

Army Newswatch: includes stories on Operation Strong Support, Army boxers and a profile on Brig. Gen. Terry Juscowiak. Airt at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Army Healthwatch: includes stories on the “Super Bandaaid,” prostate cancer and disaster relief. Airt at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: includes stories on the F-16 turning 25, Air Force cooks learning the ropes in Las Vegas and establishing Air Force fitness stan-

facilities

Barber/Beauty Shops

• **Ivy Troop Store Barber Shop**, building 2355
M-F 7:30 a.m.-4 p.m./weekends and holidays, closed
• **Prussman Troop Store Barber Shop**
M-F 7:30 a.m.-4 p.m./weekends and holidays, closed
• **Barber Shop**, building 1161
M-F 7:30 a.m.-4 p.m./weekends and holidays closed
• **Evans Beauty Shop**, building 7500, ph: 540-0462
M-F 9 a.m.-5 p.m./weekends and holidays, closed
• **Post HQ Barber Shop**, building 1430
Mon only 7:30 a.m.-4 p.m. (closed holidays but open next business day)
• **Welcome Center Barber Shop**, building 1218
Mon and Thu only 7:30 a.m.-4 p.m.
• **Main Store Mall Barber and Beauty Shops**, building 6110, ph: 576-6459
M-Sat 9 a.m.-7 p.m./Sun and holidays, 10 a.m.-6 p.m.
• **Mini Mall Barber Shop**, building 1510, ph: 576-8013
M-F 7 a.m.-6 p.m./Sat 8 a.m.-6 p.m./Sun 10 a.m.-5 p.m., closed holidays

Shoppettes/service stations

• **“B Street” Shopette**, building 900
M-F 5 a.m.-midnight/weekends 6 a.m.-midnight
• **Service Station**, building 1515
M-F 6 a.m.-7 p.m./Sat 8 a.m.-6 p.m./Sun 10 a.m.-4 p.m.

Alterations

• **Military Clothing Sales Store**, building 307, ph: 576-4516
M-F 9 a.m.-6 p.m./Sat 9 a.m.-3 p.m./closed Sun and holidays
• **Mini-Mall**, building 1510, ph: 576-4304
M-Sat 9 a.m.-6 p.m./Sun 10 a.m.-5 p.m./closed holidays

dards (repeat). Airt at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

Navy/Marine Corps News: includes stories on the new USS Missouri memorial, the high tech electronic classrooms in Pensacola and the mission of the USS Inchon. Airt at 9 a.m., 2 p.m., 9 p.m. and 2 a.m.

Community Calendar airt between program showing times.

Channel 9 daily broadcasts SCOLA, foreign language news broadcasts.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on channels 9 or 10, please contact Douglas Rule at 526-1241 or via email at RuleDo@carson-exch1.army.mil . Call Kim Tisor at 526-1253 or Spc. Randy Tisor at 526-4143 if you have ideas for Mountain Post Magazine. Contact the Regional Training Support Center for showing of training videotapes only on channels 9 or 10 at 526-5111. Submit typewritten requests for additions to the Community Calendar to Public Affairs Office, room 135, building 1430, Fort Carson, Colo., 80913, or fax them to 526-1021.

Miscellaneous

• **Burger King** (Specker), building 1520
M-F 6 a.m.-9 p.m.(drive-thru until 10 p.m.)/Sat 7 a.m.-9 p.m. (drive-thru until 10 p.m.)/Sun 8 a.m.-9 p.m.
• **Kentucky Fried Chicken**, building 1533, ph: 579-8237
M-Sun 10:30 a.m.-10 p.m.
• **Class Six**, building 1524
M-Sat 9 a.m.-9 p.m./Sun 11 a.m.-5 p.m.
• **Class Six Annex**, building 3572
M-Sat 10 a.m.-7 p.m./closed Sun
• **Laundromat**, building 6089
M-Sun 7 a.m.-10 p.m.
• **Car Rental**, building 980, ph: 527-4744
M-F 7:30 a.m.-6 p.m./Sat 9 a.m.-2 p.m./closed Sun
• **TV Repair/U-Haul**, building 1008, ph: 579-9344
M-F 10 a.m.-5:30 p.m./Sat 8 a.m.-noon/ closed Sun and holid-ays
• **Sprint Office**, ph: 579-7463
M-F 9 a.m.-6 p.m./Sat 10 a.m.-2 p.m./closed Sun and holi-days
• **Main Store Mall**, building 6110
M-Sat 9 a.m.-9 p.m./Sun and holidays 10 a.m.-7 p.m. (Flower Shop, Vitamin Expo, Optical Shop and AT&T Kiosk)
• **Main Store Mall Espresso Cart**
M-F 8 a.m.-3 p.m./Sat and Sun 8 a.m.-4 p.m./closed holidays
• **Mini Mall**, building 1510
M-Sat 9 a.m.-11 p.m./Sun 10 a.m.-5 p.m. and holidays (Shoe Repair and Engraving Shop)
• **Mini Mall Laundry**, building 1510
M-Sat 9 a.m.-6 p.m./Sun 10 a.m.-5 p.m./closed holidays

Military

One mission, one goal, one Army

by Staff Sgt Earle B. Wilson, Jr.
715th Public Affairs Team
CAMP MAKOMANAI, Japan

— With over 100 years of distinguished service, 1st-186th Infantry Battalion, 41st Separate Infantry Brigade (Enhanced) of the Oregon Army National Guard can celebrated yet another milestone. For the first time this decade National Guard officers commanded their active-duty

counterparts in the annual North Wind bilateral training exercise. The 1-186 Inf. Bn. along with Company C, 1-17th Infantry Battalion, 172nd Separate Infantry Brigade based at Fort Wainwright, Alaska formed Task Force 1-186 and shared tactics and cold-weather training scenarios with soldiers of the Japan Ground Self Defense Force.



Courtesy Photo

National Guard, active duty Army and Japanese soldiers participate in cold weather training at Camp Makomanai, Japan.

U.S. Army, Pacific, the driving force behind the integration of these units, tasked the U.S. Army, Japan to coordinate with U.S Army, Alaska and the 172nd SIB in Alaska to take a component company out of 1-17 and attach them to TF 1-186.

“Traditionally North Wind alternates between active-duty components one-year and National Guard units the next,” said Major Chad A. Synder, Chief, Field Training Exercise Branch, USARJ.

“It has been at least 16 or 17 years since an active-duty element has been embedded in a National Guard task force of this magnitude,” said Major Todd A. Plimpton, TF 1-186 Operations Officer. He said this is the first pairing of citizen soldiers and regular Army for this exercise.

Types of cold weather training that were performed included lanes training, obstacle breaching, perimeter defense as well as cold-weather tactics and training.

“This opportunity allowed a National Guard unit to work closely with an active-duty element at the battalion and company level, on a day-to-day basis — an exchange in learning experiences that has been tremendous,”

Plimpton said. “Active-duty soldiers shared field craft with our citizen soldiers.”

Command Sgt. Maj. Raymond W. McClenathan said the integration of regular Army and National Guard soldiers went smoothly.

“During the live fire portion of the exercise, I observed both units” he said. “You couldn’t tell the difference. It was one Army.”

Private Michael S. Davis of Company C, 1-17 said his unit did pretty much the same things they did back home — pulling Ahkios around, setting up tents, doing firing exercises and maneuvers.

In addition, JGSDF soldiers combined with Co. C and 1-186 soldiers performing a passage of lines exercise near the conclusion of the field training exercise. Captain Elijah Waters, Personnel Officer, said the Japanese soldiers were really eager to work with the U.S. soldiers to learn as well as teach what they know.

(Editor’s Note: The Oregon National Guard, is a part of the new enhanced division which is headquartered at Fort Carson)

Another big month for NCO promotions

by Gerry J. Gilmore
Army News Service

WASHINGTON — Two thousand five hundred soldiers seeking sergeant’s chevrons and hundreds of current NCOs looking to add another stripe can get out their sewing kits when the monthly promotion lists come out March 1.

A total of 5,420 soldiers have been selected for promotion to sergeant through sergeant major rank in March, compared to 6,560 overall NCO promotions which appeared on February’s lists, said Sgt. Maj. William T. Hursh, enlisted promo-

tion proponent, Office of the Deputy Chief of Staff for Personnel.

March promotions to sergeant (2,500), master sergeant (400), and sergeant major (120) rank surpass those made in February, Hursh said. Additionally, the March list shows 1,100 soldiers obtaining sergeant first class chevrons and 1,300 troops getting staff sergeant’s stripes.

“We had the opportunity to promote more NCOs to accommodate a changing structure; to meet immediate Army needs,” Hursh said. “By the end of this year, about a fourth of the NCO popu-

lation, to include corporals and specialists who pinned on sergeant, will have received a promotion.”

The active Army now consists of about 400,000 enlisted troops and 78,000 commissioned officers, according to DCSPER documents. About 171,000 enlisted soldiers currently hold noncommissioned officer rank.

Adding the 3,720 soldiers who were promoted in January to the totals from the February and

See NCO Page 18



Photos by Spc. Bryan Beach

Day in and day out

Alpha Company (left) and Charlie Company of the 64th Forward Support Battalion, 3rd Brigade Combat Team, were recently presented 180 Absent Without Leave banners from Maj. Gen. John M. Riggs, commanding general.



Private Ana L. Diaz, World Class Athlete Program, works up a sweat as part of her daily training to be a world class Judo contender.



Looking sharp and standing tall is what being a part of the Army Flag Bearer, is currently the only female soldier in the program.

Women share in 200 years of Army

Photos and story
by Spc. Cecile Cromartie
Mountaineer staff

March is dedicated to every woman who dared to question the norm and set standards as opposed to maintaining them. It is a month chosen to observe the past and as well as recognize the present.

As of February, there were an estimated 971 women on Fort Carson serving their country as soldiers and more than 1, 200 female civilian employees who work every day to implement the Mountain Post mission.

This month, while some of us remember the image of the goddess Pallas Athena and the women she represented, others are learning the history behind it for the first time. Chosen as a symbol of wisdom, dedication and prudent warfare, for what used to be the Women's Army Corps (1943), she stands for as much today as she did then. She represents the consistency of character of the female soldiers and civilian workers associated with the U.S. Army.

Even though this month spotlights women's history, it also presents the opportunity to focus on the story of women today.

As an OH 58 Delta (R) pilot with the 4th Squadron, 3rd Armored Cavalry Regiment, Chief Warrant Officer Evelyn M. Higgs has served 14 years in the military doing what she loves — flying.

With a career that led her to become the first female warrant officer to fly the OH 58 Delta, Higgs said that she has never allowed anything, least of all her gender, to stand in the way of accomplishing her goals.

"A woman needs the same thing anyone needs in order to succeed. You need the dedication. You need to have some drive — some

ambition and you definitely have to be a little tough-skinned. Do what it takes to succeed. I wanted to fly so I did what it took and here I am," Higgs said.

With self-determination and a well-educated public, the military, working environment has evolved to a point where many women don't notice a difference in treatment, said Higgs.

"I think it's a better environment, even from when I came in from the Army Reserves in 1989," said Sgt. Alicia N. Moses, United States Army Garrison, legal management noncommissioned officer in charge.

Like many soldiers, Moses said she learned Army history in school which would lead to her enlistment.

"The Women's Army Corps, that's something I remember studying in high school. And when I learned about that aspect of Army history it gave me something to look at and say, 'hey, I can do that.' It was an inspiration for me to say I can achieve anything I wanted to and it still is," Moses said.

Because the Army offers opportunities for education, travel and training, both women and men often share the same reasons for joining the military. But in the history of the U.S. Army the question of why a woman would want to join the military could be asked.

"I think what drove women in the past to join the military was the desire to succeed and prove that they could do what men were doing. They also had the desire to do the things men were doing," Moses said.

The same desire that led women to accomplish their goals and play an invaluable role in U.S. Army history resurfaces every day. Private Ana L. Diaz, who is presently the

only female in the World Class Athlete Program here, trains daily to represent the Army in judo competitions around the country.

"There are a lot of women in judo. And hardly any of them probably think, 'hey, I'm a role model,' but when you think about it I guess we really are," Diaz said.

To succeed at judo, or any sport, according to Diaz, athletes must put their hearts and love into what they're doing.

"The Army is giving me the opportunity to see what I can do and to use my potential as an athlete. And I think that says a lot for today's military," Diaz said.

The act of recognizing women who gave so much in the past is something that should be practiced daily, said Spc. Sarita Campbell, an ear, nose and throat technician at Evans Community Army Hospital.

At Fort Carson and other military installations around the world, the women who wear the uniform aren't the only women saluted this month.

Candy Casper, the chief of information systems support division for the Directorate of Information Management, has been a civil service worker for 15 years. Starting off as a keypuncher and moved up the ranks to management, others can learn from her experiences, said Casper.

"Having a personal commitment to excellence and dedication is something you can't buy. Expect excellence from yourself and others and you'll succeed in anything you want to do," Casper said.

As a month that allows the story of every woman who has faced adversity and carried on to be told, it also a month that recognizes the women who are making history today.



of the Fort Carson Mounted Color Guard is all about. Specialist Amanda Brieno, in color guard.



Sergeant Alicia N. Moses, U.S. Army Garrison, is the noncommissioned officer in charge of legal management.



Above: Female soldiers like Chief Warrant Officer Evelyn M. Higgs, 4th Squadron, 3rd Armored Cavalry Regiment, are increasingly taking on more challenging and demanding roles. Higgs is the pilot for an OH-58DR Kiowa Warrior helicopter.
Left: Candy Casper, chief of information support systems, works for the Directorate of Information Management. She began her career as a key-puncher 15 years ago.
Right: Specialist Sarita Campbell, U.S. Army Medical Activity, carries on the role women were first allowed to perform in the Army.



Retirements create promotion opportunities

NCO

From Page 15

March lists, the Army will have promoted 15,700 enlisted troops — almost a division’s worth — to sergeant or higher NCO rank during the last three months.

Last year, around 40,654 soldiers were promoted to sergeant, or higher

NCO rank, Hursh said, averaging out to about 3,400 overall NCO promotions a month.

February and March totals push overall NCO promotions to more than 2,000 above the monthly average, Hursh said.

Additionally, Hursh said, in a

post-drawdown Army, personnel planners must now replace those soldiers who depart or retire, including NCOs, on a “one-for-one” basis. Consequently, he said, when senior NCOs (sergeants major, master sergeants, and sergeants first class) retire, more promotion opportunity is

created for other NCO ranks.

“After March, overall NCO promotions should go back to more average numbers, about 3,600 to 4,200 a month,” Hursh said. “This year will definitely be a better year for overall NCO promotions than last year.”

Ways to avoid legal problems when renting an apartment

by Capt. Tom Crumley
Legal Assistance Attorney

The Legal Assistance Office serves a great number of clients who have legal problems related to their landlord or a lease they signed. While many property owners and managers in and around Fort Carson are ethical and fair, there are some who do not hesitate to take advantage of soldiers. It is very important that you understand your rights and protect your legal interests when renting an apartment or home.

Military Clauses

It is important that your lease contain a “military clause.” A standard military clause allows a soldier to terminate his or her lease early if the soldier receives PCS orders sending him or her to a new duty station. If your lease does not contain such a clause, your landlord can sue you for breaking your lease when you PCS or ETS before the end of the lease term. If a landlord gives you a lease without a “military clause,” you should offer to type or write a clause into the lease. The Legal Assistance Office at Fort Carson can give you sample language to use.

Attorneys Fees Clauses

Most standard leases contain a clause stating that one side or the other will be required to pay attorneys fees if the matter goes to court. Be on the lookout for clauses that state the resident will have to pay attorneys fees no matter which side brings the case. Such a clause could prevent you from suing the landlord if he or she breaches the lease. Look for language stating that the “prevailing party” will receive attorneys fees. This means that

whichever side loses the court case will have to pay.

Breaking your Lease

Many clients ask if they can break their lease because their landlord has failed to make repairs or the neighborhood has become a dangerous place to live. Generally, tenants cannot break their lease for the landlord’s failure to make repairs unless the repairs are very serious, such as a leaking roof or a broken furnace. Landlords also are not responsible for crime in the surrounding neighborhood. They do have a legal duty to take reasonable measures to keep the building safe, but this usually means only keeping working locks on all building entrances. Thus, it is very important that you thoroughly research a neighborhood before renting an apartment

A Lease is a Negotiation

When you prepare to sign a lease, you are entering into a contract with the landlord or property manager. You must be sure to protect your interests by seeking language that is favorable to you. You are not required to sign the lease “as is,” but are free to bargain with the landlord. If you are unsure about the language in the lease, you should bring a copy of the lease to the Legal Assistance Office at Fort Carson. Our attorneys can help you understand the terms of the lease and provide you with language that meets your needs.

Damage Checklists

One very important piece of paperwork your landlord will require you to sign is an apartment condition checklist. This requires you to look over

the apartment room by room and note any damage that exists from the previous tenant. It is very important that you look for pre-existing damage very thoroughly. Often we see cases where the soldier simply signed off on the form, and later was held responsible for damage done before he or she occupied the apartment. A good idea is to annotate every small problem, and take photographs of pre-existing damage. This will protect you if the landlord tries to charge you later for damage to the apartment.

Return of Damage Deposit

Tenants often have difficulty getting their damage deposit returned. Colorado law requires the landlord to return the deposit within 30 days from the date the tenant vacates the apartment and returns the keys. They are required to notify you in writing of the damage done to the apartment and the cost to repair it. The landlord can deduct money from your deposit for damage, but not for normal wear and tear. If you think that your landlord may have improperly charged you for damage it is very important to see someone at the Legal Assistance Office ASAP because you might be able to sue your landlord for three times the amount improperly deducted, plus your attorneys fees.

Before you rent

Visit the off post housing office located at the Colorado Inn. The landlords registered there have a working relationship with Fort Carson and have been fair to soldiers in the past. If you have any questions about your lease, please bring it in before you sign it or break it.

Tracking soldiers’ Anthrax shots helps commanders

by Maj. William Terry
Operations Division, Headquarters
U.S. Army Medical Command

A special tracking system has been established to enable not only medical officials but commanders to track the progress of the Anthrax Vaccination Implementation Program in their commands.

The program is complex. It provides each service member with six shots over an 18-month period, followed by annual booster vaccines.

Moreover, the program is planned in phases. Phase I includes all soldiers in high-risk units and/or changing station to these areas. Phase II immunizes units high on the deployment timeline. Phase III will immunize the rest of the force.

To ensure service members are being immunized in a timely fashion, the Army has created a database known as MEDPROS, or the Medical Protection System, within the Medical Occupational Data System.

This is a centralized medical database located on a mainframe in the Pentagon. It includes immunization screens that can track anthrax series and create reports to track each immunization series.

Access to MEDPROS is granted to individuals who have been designated by the appropriate commander and who have applied for and received a log-in identification and password.

Each level of command listed below has the ability to track the anthrax-immunization status of assigned personnel. Tracking of soldiers can occur hourly, daily, weekly or monthly.

•Major Command tracking: Each MACOM, with the assistance of its surgeon, will be responsible for monitoring assigned subordinate units on a

frequency the MACOM deems appropriate.

• Installation tracking: In- and out-processing stations for each major Army installation can track soldiers moving from one station to another. Individual soldiers changing stations will be screened and vaccinated (when applicable) prior to reporting to their next units.

• Unit tracking: Unit commanders can monitor each soldier assigned to their units. This may be done through the MEDPROS Website or the MEDPROS main database.

Battalion personnel down to the company/platoon may gain access to the database upon approval.

The process by which a unit commander gains access to MEDPROS is provided in the steps below.

The commander or designated representative applies for a log-on ID and password to access MEDPROS using the Single Agency Manager Pentagon (SAM-P) Log-on ID Request Form.

This form may be downloaded from the World Wide Web at <http://www.mods.asmr.com>.

The application is sent via fax (DSN 761-4983 or COMM 703-645-0432) or by mail to the MODS support team located at 3025 Hamaker Court, Suite 300, Fairfax, VA 22031.

The application is then forwarded to the Pentagon, which issues a log-on identification and password.

This information is sent to the MODS support team.

The MODS support

team inputs this information into the MODS system.

The MODS support team contacts the individual via telephone.

The individual is issued a log-on identification with password and granted access to MEDPROS by the U.S. Army Medical Command’s Deputy Chief of Staff for Operations.

Total processing time from initiation to access is about three days.

Anthrax is widely regarded as the most formidable biological-weapons threat. Spores, which are easy to cultivate in large quantities, can be disseminated by the wind over large geographical areas and populations, resulting in epidemic inhalation. Once inhaled, anthrax is notorious for a poor prognosis and has an estimated 85 to 100 percent fatality rate.

To combat this threat, the Defense Department is using a vaccine whose safety and effectiveness has been proven.

The vaccine is approved by the U.S. Food and Drug Administration and has been used extensively for years by farmers throughout the United States.

(Reprinted from Fort Knox, Ky., Inside The Turret)

Public Notice:

With deepest regrets to the family and friends of Sgt. Terry C. Dobson, deceased. Anyone having claims against or indebtedness to his estate should contact Capt. Kelly L. Turner, summary court officer, at 526-7154.

\$how me the money

Choosing when, which debts to pay first

by Sgt. 1st Class Chris Powell
10th Special Forces Group (Airborne)

No matter what you do in life, there are pressing decisions to make. Some decisions are easier than others. However, choosing which debts to pay first may affect not only daily life but the future.

In the book “Surviving Debt,” by authors Jonathan Sheldon and Gary Klein, they discuss sixteen rules about choosing which debts to pay first.

1. *Pay family necessities first:* Usually this means food and essential medical expenses.

2. *Pay housing-related bills:* Keep up your mortgage or rent payments if at all possible.

3. *Pay at least the minimum to keep utility service:* They will allow you to make partial payments.

4. *Pay car loan or lease:* If you need a car for work or other reasons, then make the car payments after food, housing, medical expenses, utilities and clothing. It may be necessary to pay the car loan first.

5. *Pay child support debts:* These debts will not go away and can result in very serious remedies — including prison for nonpayment.

6. *Income Tax debts are high priority:* You must pay any income taxes owed that are not automatically deducted from wages. You must file an income tax return even if you can’t afford to pay.

7. *Loans without collateral are low priority:* Most credit card debts, attorney, doctor, hospital bills, other debts to professionals, open accounts with merchants and similar debts are low priority.

You haven’t pledged collateral for these loans and there is rarely anything these creditors can do to hurt you in the short term.

8. *Loans with only household goods as collateral are also low priority:* You should generally treat this loan the same as an unsecured debt. Creditors rarely seize household goods because they have little market value, it is hard to seize them without court process and it is time consuming and expensive to use a courts.

9. *Do not move a debt up in priority because the creditor threatens suit:* Many threats to sue are not carried out. Even if a creditor does sue, it take a while for the collector to reach your property and much of your property may be exempt from seizure. On the other hand, non-payment of rent, mortgage and car debts may result in immediate loss of your home or car.

10. *Do not pay if you have good legal defense to repayment:* Some examples of good legal defenses are goods purchased were defective, or that the creditor is asking for more money than he is entitled to. If you have a good legal defense, you should obtain legal advice to determine whether your defense will succeed.

11. *Court Judgements move debt up in priority, but often less than you think:* After a collector obtains a court judgement, that debt should move up in priority. Now the creditor can enforce that judgment by asking the court to seize a portion of your property, wages and/or bank accounts equal to the amount owed. Nevertheless, just how serious

this is will depend on your state’s laws, the value of your property and your income.

12. *Student Loans are medium priority debts:* Most student loans are backed by the government and federal law provides special collection remedies against you, such as seizure of your tax refunds and denying you new loans.

13. *Debt collection efforts should never move up a debts priority:* Always be polite to the collector, but make your own choices about which debts to pay based on what is best for your family. Debt collectors are unlikely to give good advice.

14. *Threats to ruin your credit record should never move up a debts priority:* In many cases, when a collector threatens to report your delinquency to a credit bureau, it has already done so.

15. *Co-signed debts should be treated like your other debts:* If your home or car is collateral on a loan you have co-signed, that is a high priority debt if the other co-signer is not current on the loan. If you have not put up such collateral, treat co-signed debts as lower priority. If others have co-signed for you and you are unable to pay, you should notify the co-signer about your financial difficulties.

16. *Refinancing is rarely the answer:* Always be careful about refinancing. It can be very expensive and give creditors more opportunities to seize your important assets.

Please feel free to contact your command financial noncommissioned officer or the Financial Readiness Office with any questions regarding the prioritization of debt payments.

Soldiers, civilians can enter voting slogan contest

Army News Service

WASHINGTON — The Federal Voting Assistance Program extends an invitation to soldiers and Department of the Army civilians to submit entries for the Voting Slogan Contest.

The contest is sponsored by the FVAP as part of its efforts to expand public awareness and encourage voter participation among the uniformed services, the Merchant Marine, their family members, and other overseas American citizens, worldwide. All U.S. citizens, however, are encouraged to participate.

A panel of independent judges will evaluate all slogan submissions on their originality and motivational value.

The winning slogan will be featured in FVAP's 2000-2001 media

campaign, which focuses on increasing voter awareness among U.S. citizens worldwide and encouraging them to participate in the democratic process.

In addition, the slogan will be posted on the FVAP web site at <http://www.fvap.gov>, in the 2000-2001 Voting Assistance Guide, on motivational posters, audiovisual materials and in other FVAP publications and manuals.

There is no limit to the number of entries a participant may submit. However, all slogans should be submitted separately (only one slogan per page or e-mail).

Send entries via one of the following methods:

E-mail: vote@fvap.gov;
Fax: (703) 588-0108 or DSN 425-

0108 (No cover sheet is necessary);

U.S. Mail: Federal Voting Assistance Program, Attn: Voting Slogan Contest, Washington Headquarters Services, 1155 Defense Pentagon, Washington, D.C. 20301-1155.

All submissions must include full name, military branch or service, if applicable, mailing address, daytime telephone number, fax number and e-mail address (if applicable).

If submitting by mail or fax, please type or print legibly on regular 8 1/2 x 11-inch paper.

The deadline for submission is July 6, 1999.

The author of the winning entry and the runners-up will be awarded a certificate of recognition from the Secretary of Defense. In 1997, Chief

Hospital Corpsman Romualdo V. Cabal, of the U.S. Marine Corps, submitted the winning entry, "Vote Today For a Better Tomorrow!"

The 1993 and 1995 winning slogans were "America's Most Wanted: Voters!" and "Your Vote Is the One that Matters!" respectively.

Join the FVAP in helping to inspire others to vote by participating in this exciting contest and you could be one of this year's winners.

The point of contact for the slogan contest is Matthew Knefel. He can be reached at the Federal Voting Assistance Program via e-mail at vote@fvap.gov, or toll-free in the U.S. at (800) 438-8683, commercial (703) 588-1584, DSN (military) 425-1584, or fax (703) 588-0108, DSN (military) 425-0108.

Got a story idea? Call the Mountaineer at 526-4144.

Dining Schedule

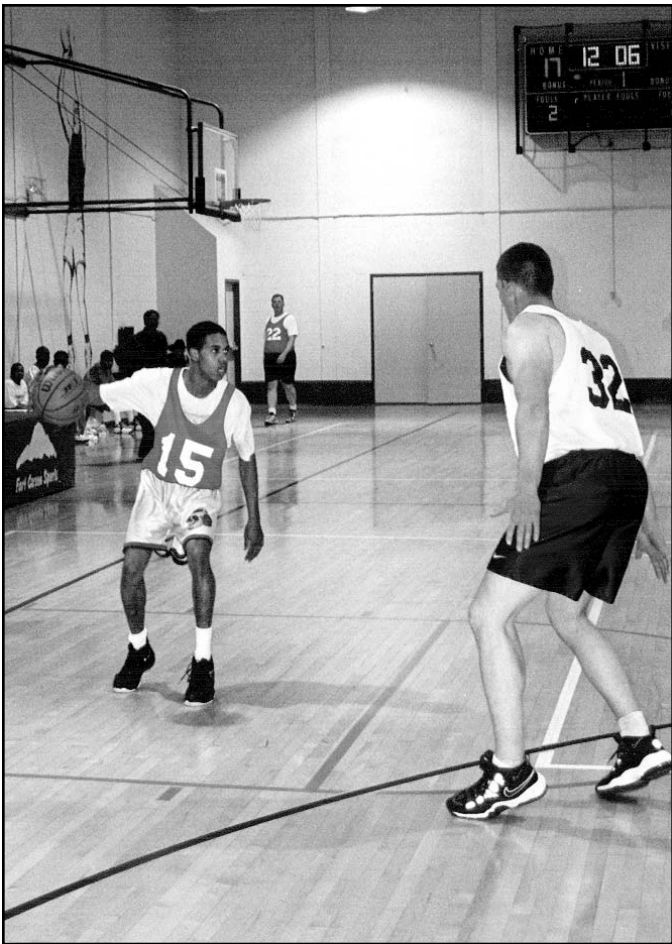
Week of Saturday to March 19

Weekday Dining Facilities			
3rd ACR Cav. House (building 2461) 3rd ACR Patton House (building 2161) 3rd BCT Iron Brigade (building 2061) 3rd BCT Mountaineer Inn (building 1369) 43rd ASG Cheyenne Mtn. Inn (building 1040) 10th Special Forces Group (building 7481) Butts Army Airfield (building 9612)			
Standard Meal Hours			
Mon., Tue., Wed. and Fri.		Thurs.	
Breakfast	7:30 to 9 a.m.	5:30 to 7 a.m.	
Lunch	11:30 a.m. to 1 p.m.	11:30 a.m. to 1 p.m.	
Dinner	5 to 6:30 p.m.	4 to 5:30 p.m.	

Exceptions
<ul style="list-style-type: none">10th SFG meal hours are the same Monday to Friday, but do not apply on Thursdays. No dinner served on Friday.Mountaineer Inn and Butts Army Airfield are open for breakfast and lunch only, Monday through Friday.Patton House closed dinner meals Thursday.

Weekend Dining Facilities/Meal Hours	
3rd ACR Cav. House (building 2461) 3rd BCT Iron Bde. (building 2061) 43rd ASG Cheyenne Mtn. Inn (building 1040)	
Standard meal hours	
Brunch	9 a.m. to noon
Supper	3:30 to 6 p.m.
Family members are welcome for all brunch meals.	

Sports & Leisure



4th Engineers guard Marcus Acklin looks to drive to the basket against Eagle Troop's Matt Schroeter.



4th Engineer guard James Kelly shoots over Eagle Troop player Angel Escibano during the post basketball championship game.

Photos by Walt Johnson

Eagle Troop wins post hoops title

by Walt Johnson
Mountaineer staff

Roger Burton lead Eagle Troop, 2nd Squadron, 3rd Armored Cavalry Regiment to the 1999 post intramural championship with a dazzling offensive display.

Eagle Troop defeated the Headquarters, Headquarters Company, 4th Engineers 59-45 March 4 at Garcia Physical Fitness Center.

The game started out slow as both teams had trouble finding the basket. It may have been the nervous energy of playing for a championship or good defense but after five minutes of play the Eagle Troop had only a two-point lead at 5-3.

Just as it looked like the game would be a low scoring affair, Burton led the Eagle Troop team on a 17 to 4 point run to give his team a 21-7 lead.

"The guys just wanted to win this game so much that they just turned it up a notch and got us the big lead," Eagle Troop Coach Dave Crisp said of his teams run.

After a timeout the 4th Engineers recovered from the onslaught to claw back into the game slowly but surely, getting as close as four points (29-25) by halftime.

The Engineers looked like they were primed to get back into the game at this point and for the first time it looked like there was some concern in the eyes of the Eagle Troop team.

That concern turned out to be the eye before the storm, though, as Crisp

settled his team down at halftime.

"I knew I wanted to go with the starters in the second half. I told the guys to pick up the intensity and pick up the shooters. We also wanted to pick up our pressure on the ball to start the second half."

Crisp strategy worked so well that the Engineers went eight minutes into the second half before they scored a single point. Eagle Troop ran off 13 straight points to open up a commanding 43-25 lead that the Engineers could never recover from.

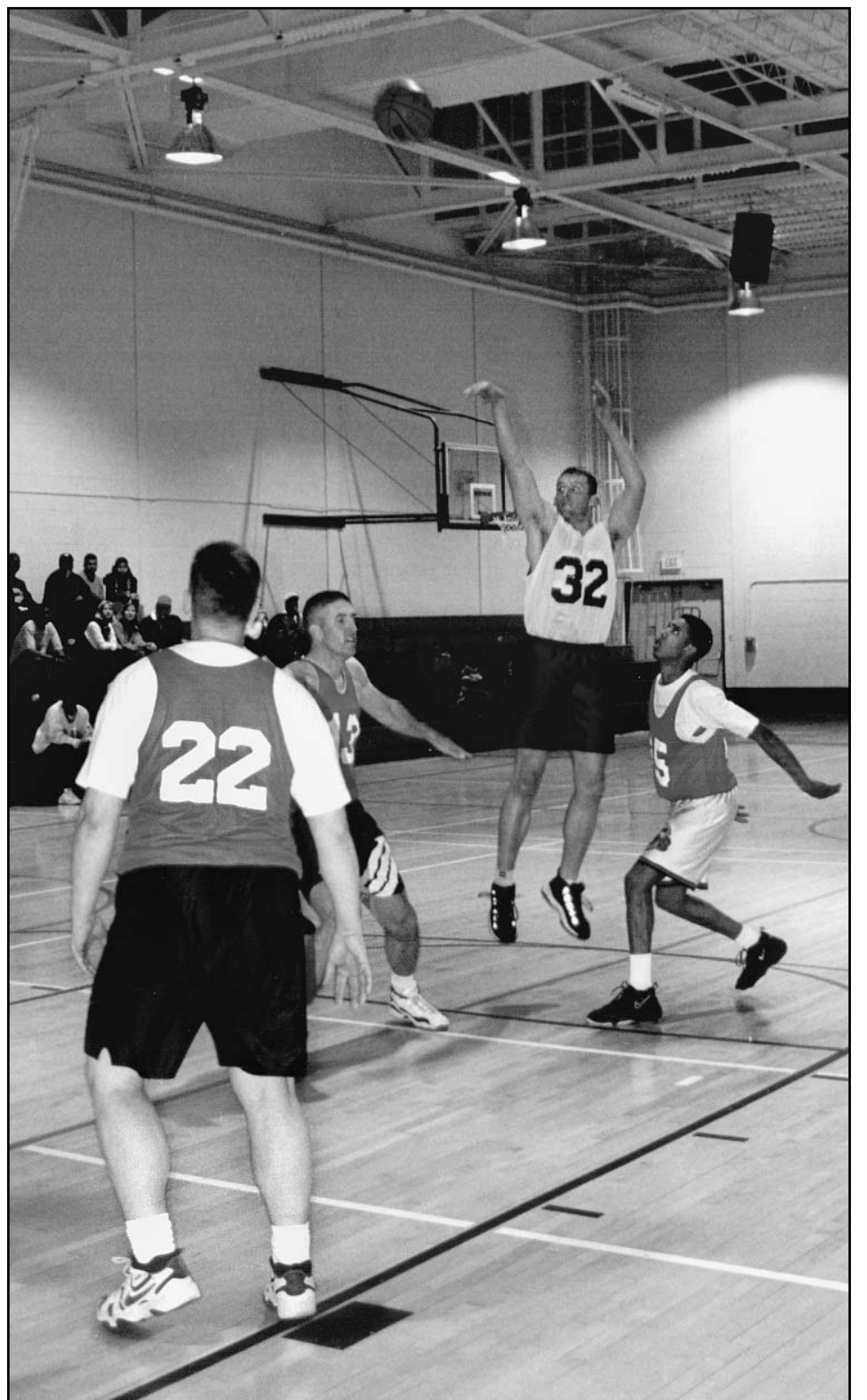
The closest the Engineers came after that was a seven point deficit with just under two minutes left in the game. But again the Eagle troop pulled away from the Engineers en route to their victory.

After the game Engineer Coach James Belk said while it was disappointing his team didn't play its best game, he was happy with the strides they made this season.

"To come from not making the playoffs to being one of the strongest teams on post is quite an accomplishment in itself. We've had people step up all year from the coaching staff to the players. We all came together and did what we had to do. It just didn't happen for us tonight."

Crisp said this was his second post championship, and certainly his sweetest.

"It feels great. These guys worked real hard. We were able to get the job done and it feels real good."



Eagle Troop forward Matt Schroeter launches a three-point field goal attempt as 4th Engineer players Marcus Acklin, right, and James Mefford close in.

Post men’s team battles Air Force and F.E. Warren

by **Walt Johnson**
Mountaineer staff

The Fort Carson men’s varsity basketball team the Mountaineers took on the Air Force Academy Flyers Saturday at the Academy, falling 111-84.

The loss was only the third in nine games this year against military teams and was the first loss to the Air Force Academy this year.

The season has been a success for the Mountaineers. They have a 12-7 record heading into this week’s sea-

son ending tournament at Luke Air Force Base in Phoenix.

Head Coach Don Pitts said the season has been a huge success for a young Carson team that will be much better in the future.

“We were able to compete against some of the highest level competition in this region. I am more than happy with the success of this team. They have shown they are committed to bringing a winning attitude to the post team.”

Got a sports story?
Call the Mountaineer
at 526-4144



Photos by Walt Johnson

The Mountaineers’ Wilfredo Martell shoots over the outstretched arms of an Academy defender Saturday.

On the Bench

I'm full of madness and I couldn't be more excited about it

by Walt Johnson
Mountaineer staff

Well, a curse on America starts Thursday morning and there is nothing anyone can do about it.

The tidal wave is about to engulf the whole country and it produces many cases of irrational and unbelievable behavior that turns mostly normal human beings into raving maniacs at best, and just plain lunatics at worse.

Yes, the NCAA men's and women's basketball tournaments, also known as March Madness, will begin Thursday and Friday respectively. The goal,

— crown an NCAA champion. The results, — three weeks of pure basketball heaven for hoops fans.

Although the brackets were announced Sunday, it is still too soon to predict who will make it to St Petersburg, Fla. (men) or San Jose, Calif., (women) for the final four and national champi-

onship games. Of course your humble servant already knows who will be there but I will reserve my picks for next week's issue. I don't want the fellas in Vegas to have to take too many calls, for entertainment purposes only, behind my stone cold lock picks.

Instead, this week I will ask a few of the questions that came to my mind as I looked over the brackets. Believe me, I had more questions than answers. So without further delay here are my top questions and observations on this year's tournament.



Gee thanks for nothing — The NCAA committee gave Miami, Cincinnati and Tennessee a top 16 seed in the tournament. That was the good news. The bad new, they put them in the same bracket as Duke. The final four will have to wait another year for this group,

Gee thanks for nothing II — Auburn gets a top seed in the South and only finds tournament tested Maryland, tough as nails St. John's and the Big Ten's second best team, Ohio State, waiting for them. By the way before they get that far, they have to face the Syracuse-Oklahoma State winner.

What a difference a year makes! — Last year Kansas and Kentucky were number one seeds and locks to make the final four. Of course Kentucky did get there, but Kansas did not. One of these two schools won't even make it to the Sweet 16 this year as they would meet in the second round, should they both win their first round games.

Thanks for scheduling us to play Duke — Hard to believe anyone would want to play Duke, but imagine this. If Florida A&M (Duke's opponent in the first round) had drawn anyone other than the Duke squad, someone may have expected them to win. They have no chance to beat Duke and everyone knows this, so there is no problem taking the 30 — plus point tail-kicking that is sure to come, and still think they had a good season.

Least likely top seed to make the final four — On the men's side, the Auburn Tigers gets the nod as the top seed that will likely not see the light of Florida. The Southeastern Conference tournament showed that top level teams will beat Auburn.

On the ladies side, The University of Connecticut Lady Huskies have some tough games

ahead of them. Most of the teams in their bracket are very athletic and they could give them a very difficult time.

Most likely top seed to make the final four — Duke, not because they are the best team in the nation, but because they should be able to handle their region; especially since they play the first two games in Charlotte, N.C., and the next two in East Rutherford N.J. They have never lost in those places.

Best first round game — College of Charleston against Tulsa. If you like athleticism and scoring you'll love this gam. Close runners-up are Indiana and George Washington

Biggest surprise seed — Kentucky as a number three seed is the biggest surprise. After its showing in the SEC tournament you would have thought a number two seed would have been in order. Also, North Carolina as a number three seed seems a bit high for an overrated Tar Heel team.

Now that the regular season is over we can now play — The Tennessee Lady Volunteers will finally get to play for something special. The four-time defending champions will begin defense of their title in the East region and for the first time in the last two years they aren't the prohibitive favorites to win the championship. They aren't the prohibitive favorites but they are favored. Purdue, Connecticut and Louisiana Tech will be among the team's pressing the Lady Vols.

Score one for title nine — Tennessee, Connecticut, North Carolina, Stanford, Ohio State, Auburn, Texas, Duke, Cincinnati, Louisville,

See Tourney Page 26

March maddness is only temporary

Tourney From Page 25
Arizona, Kansas, Purdue, Kentucky and UCLA all have both men’s and women’s team’s in the tournament.

Try to out coach me if you can — In the women’s game between Texas and Auburn, Texas Coach Jody Conradt will be making her 15th appearance while Auburn’s Joe Campy will be making his 14th appearance.

Hey its our first time here let’s enjoy it — The Boston College women’s team will be making its first venture into the tournament. They face Ohio State first and if they win move on to play Tennessee. Enjoy it while it lasts, BC.

If you think our men are good ... — The Duke men’s team is accepted as the top team in men’s play, having won all its league games. The women are just as good, having gone through their conference season with a 15-1 record.

Take that Christian right — Liberty Unversity got a bid in last year’s women’s tournament and faced the eventual champions, Tennessee, in

its first game. This year they get to play the Georgia Bulldogs in the first round.

Best team capable of winning the women’s title no name Tennessee — Purdue coach Carolyn Peck, a disciple of Tennessee coach Pat Summitt, has a team that has all the tools necessary to win the championship. The biggest reason to believe they can win, they have already beaten Tennessee this year, so they know they can do it.

The last ride should be a good one — Tennessee’s Chamique Holdsclaw has won the championship at every level she has played the last seven seasons. If she wins this year that will make it eight consecutive years. No man or woman who did not play for the Boston Celtics can make the same claim.

Coaches you just want to see in the final four from each region — Forget about the other teams in the bracket, if you could wish these coaches to the title game it would be a warm touching story. In the men’s tournament, if Denny Crum came out of the South region, Dr. Tom Davis of

Iowa came out of the West region, John Chaney came out of the East region and Roy Williams came out of the Midwest, who could you root against?

Maybe the NIT isn’t such a bad deal after all — After the first round is over and most of the bottom teams have been eliminated, the thought of playing more games and being alive for a championship may appeal more to the NCAA losers than they realized.

How’s this for a great story — If George Washington beats Bobby Knight and the Indiana Hoosiers, and Mike Jarvis and St. John’s beat Stamford, Jarvis will coach against his team from last year. Bum Phillips once said of Don Shula, “ he could take his team and beat yours, and take yours and beat his.” We’ll see if Jarvis is that good a coach if that matchup happens.

Who has the best chance to beat a top seed — The University of Detroit gets an injury ridled UCLA team that is without its center, and it’s best player, point guard Baron Davis is hobbling with a broken toe. Looks

good to me.
Who could have asked for a better draw — The UConn Huskies have got to be thanking their lucky stars for their draw. first they get Texas-San Antonio and then they get the winner of the psycho bowl game between Missouri and New Mexico.
Here’s a game I can’t wait to see — If they win their first round games, Arizona would meet UNC-Charlotte in the second round.

It ain’t my old Kentucky home — If Utah is to make it to the final four again this year, they will have to get by a Kentucky team that has ended their season four times in the 90s, short of a national championship. You will forgive Utah coach Rick Majerus for wishing the wildcats bus would break down on the way to the arena.
My one wish to make this the perfect tournament — If only ESPN would have the rights to the first round of the tournament. No one does it better than the cable sports king.



A Siberian tiger paces in the snow in the Asian Highlands exhibit.

Photos by Spc. Bryan Beach

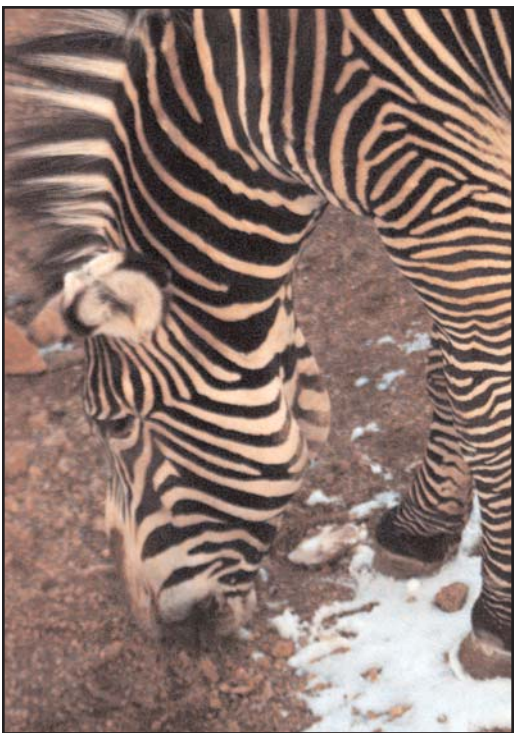
Cheyenne Mountain Zoo

Take a walk on the wild side

Zy Nel
Lampe
Mountaineer
staff
oos
are popu-
lar places
to visit,
and

Cheyenne Mountain Zoo is one of the finest zoos in the nation. It is also unusual in its setting as a mountain zoo, and is the highest zoo in the nation.
The zoo got its start as a private collection of Spencer Penrose, who had made his fortune in real estate and gold. Penrose's brother was a director of the Philadelphia Zoo and founded a research laboratory there. In 1922, Penrose started his own collection of animals,

housed near the Broadmoor. Later, Penrose relocated the animals about a half-mile away on the new Cheyenne Mountain highway. He added fencing, concrete bear pits and cages. He acquired an elephant for his collection, which already included an elk, in addition to the bears, coyotes, monkeys and other animals. His collection became the largest private collection in the United States, before he deeded the zoo to the citizens of Colorado Springs in 1936. Although the property is held in trust for the city's citizens, the zoo is one of only four accredited zoos in the nation which doesn't receive public support.
Cheyenne Mountain Zoo is known for many of its open space and natural habitats for animals. It is housed on 140



A Grevy's Zebra searches for a snack in the zebra enclosure.

acres, and is located at 6,800 feet.
Remember, this is a mountain zoo, which means paths are fairly steep. In summer, the best bet is to take the tram to the top, then explore the zoo by walking downhill. The tram runs every 20 minutes, from Memorial Day to Labor Day. The fare is \$1 per person. The first boarding stop is near the Giraffe House.

Bring along a stroller for the little ones, or rent one at the entrance for \$3 per day, with a \$5 deposit.
Mountain temperatures may dictate warm clothing, depending on the time of year. Summer temperatures in the zoo are rather warm, but the abundance of trees in the zoo makes it pretty comfortable. Many of the animals and birds are housed in buildings, which provides a



A giraffe takes a cracker from 2-year old Kieran Beach. The North African giraffes have hearts as big as basketballs and are 19 feet tall.

See Zoo, Page B2

Fort Carson's



A pull-out section for the Fort Carson community -
March 12, 1999

Zoo attracts thousands to see endangered animals

ZOO
From Page B1



Photos by Spc. Bryan Beach

Zoo visitors may also visit the Will Rogers Shrine which sits above the zoo.

respite from any kind of weather.

More than 500 animals are in the Cheyenne Mountain Zoo. Almost 150 species are represented, including 50 species which are endangered or threatened.

Almost a half-million people visited the zoo last year.

The zoo is famous for its large herd of giraffes, which is just up the hill after leaving the entrance building/gift shop.

Cheyenne Mountain Zoo has had the largest number of giraffe zoo births more than 170 since 1954.

Presently, there are 10 giraffes in the herd, which is the first stop for many zoo visitors. Possibly, that's the reason the giraffes get so many special rye crackers from visitors.

According to Lei Vaught, education staff, the giraffes are fed a variety of hays in addition to the crackers.

Visitors can purchase special crackers from a vending machine at the gate. The giraffes will eat directly from the visitor's hand.

Two African elephants are next door to the giraffes.

If the tram isn't available, or you opt to



Lei Vaught, a program specialist with the zoo, talks about the giraffe herd to a group of children.

walk through the zoo, follow the signs to the other exhibits. It's helpful to pick up a map in the gift shop or when you buy your tickets.

Outstanding exhibits at the zoo include the Primate World, which includes an illustration of the theory of evolution. Baboons, Orangutans and Gorillas are in Primate World. The Monkey Pavilion is home to Tembling, a Gibbon who only has one hand, but still manages to swing.

Two hippopotamuses are in the zoo as is a rare, black Rhinoceros.

Birds such as the bald eagle, buzzards and rare doves are in the Bird and Reptile house. Peacocks roam the zoo. Birds fly uncaged.

Reptiles include snakes, horned frogs, pythons, a boa and a poison arrow frog. A white alligator will visit the zoo this summer.

One of Cheyenne Mountain Zoo's newest exhibits is Wolf Woods, where the Mexican gray wolves (an endangered species) live in a mountainside exhibit.

The Asian Highlands is home to the endangered Siberian tigers, Amur leopards and red pandas. The lions have their own lair.

Asiatic black bears and spectacled bears are next to the Monkey Pavilion.

There are four snack bars in the zoo, serving the usual quick-food fare: popcorn, soft drinks, hamburgers, hotdogs and chips. People who bring their own food can find a few tables in the snack bar area.

There are benches shaped like animals located throughout the zoo.

If you didn't check out the gift shop upon entering the zoo, stop on your way out. There's a selection of animals in all sizes, from tiny plastic to giant-size plush guerillas and giraffes. Postcards and Colorado and zoo-themed souvenirs are available.

The zoo is open every day of the year. The admission is \$7.50 for adults and \$4.50 for children more than 2 years old. Children under age 2 are admitted free. A zoo membership is available for people who want to visit several times each year. The zoo is open from 9 a.m. to 5 p.m. in winter. It's open until 6 p.m. in summer. No one may enter after 4 p.m. Pets aren't allowed.

Children have the opportunity to spend Spring Break at the zoo. A special day camp is being offered from March



The zoo's lofty location offers a view of Colorado Springs.



An endangered Mexican gray wolf looks at a visitor to Wolf Woods.



A rare South American Dove resides in the Bird and Reptile House.

Just the Facts	
Travel time	20 minutes
For ages	all
Type	zoo
Fun factor	★★★★ (Out of 5 stars)
Wallet damage	\$\$ (Based on a family of four) entrance fees
\$ = Less than \$20	
\$\$ = \$21 to \$40	
\$\$\$ = \$41 to \$75	

Community Events ACS

Army Community Services and Army Family Action Plan sponsor "A Couple's Journey" the third Thursday of every month from 6 to 8 p.m. at the Elkhorn Conference Center. Refreshments are provided. Call 526-4590 to confirm the free on-site child care slots.

Fort Carson Army Family Action Plan Conference is March 31. AFAP seeks volunteers and issues. Volunteers will serve as facilitators and delegates. Issues can be written prior to the conference and dropped off at Army Community Services, building 1526, or e-mailed to:

hilmanr@carson-exch1.army.mil

For more information call, 526-4590.

The Family Member Employment Assistance Program presents a resume workshop Wednesday, March 24 and April 7 from 1 to 3 p.m. The workshop covers a variety of resume styles that showcase skills and experience. For more information, call 526-0452.

The Family Member Employment Assistance Program offers a Standard Form 171 and Optional Form 612 workshop Wednesday and March 31 from 1 to 3 p.m. The SF 171 and OF 612 are the basic federal employment application forms. The workshop provides insight on completing applications and general hints on the most effective way to describe your professional experience. For registration or additional information, call 526-0452.

Army Family Team Building offers Level III AFTB (evening) training Thursday and March 25 from 6 to 9 p.m. For information, call 526-2382.

Army Community Services' Child Safety Programs presents "Living with 10 - 15 Year Olds." Four sessions are held at the Spiritual Fitness Center Wednesday, March 24 and 30 from 6 to 8 p.m. Session topics include: understanding development, risk-taking behavior, setting limits and talking about sex. Each session is independent, attendance of all four is not necessary. Call 526-4590 for more information or to register.

Army Community Services' New Parent Support Program offers a Mother's Support Group that meets every Thursday from 9 to 10:30 a.m. All mothers of a military family with

The Family Member Dental Program is the dental insurance for family members of active duty service members. FMDP clarifies the differ-

Miscellaneous

ence between an FMDP "Provider" and a dentist that simply "accepts" FMDP insurance. A Provider agrees to an accepted FMDP fee per procedure. A dentist who merely "accepts" FMDP often charges more per procedure than is covered by the insurance and holds patients personally responsible for the difference, frequently a substantial sum. A listing of FMDP Providers is available at the Welcome Center and all dental clinics on Fort Carson. For more information, call 526-2160 or 526-2006.

The city of Fountain hosts a state of the community address at the Dean Fleischauer Activity Center, 324 W. Alabama Ave., at 7 p.m. Tuesday in Fountain. Fort Carson Garrison commander, Col. Mike Kazmierski, in addition to Fountain's mayor, Kenneth Barela; School District 8 superintendent, Dr. Dale Gasser; and El Paso County Commissioner for District 4, Jeri Howells, participate. An open house is held prior to the event, featuring refreshments, community displays, bands and choirs. Everyone is welcome to attend.

Child and Youth Services offers the American Red Cross "Home Alone Safety Class" every Thursday from 3:30 to 4:30 p.m. at the youth center, building 5950 (on Ware Street.) This class is free and geared toward children 10 to 12 years of age. To register or for more information, call 526-2680 or 526-8220.

Fort Carson Youth Services holds a "Parents Focus Group" Thursday at 6:30 p.m. at the youth center, building 5950 (on Ware Street.) The session discusses program planning needs for youth ages 13 to 15 at FCYS. Come and give your suggestions. Refreshments are served.

Defense Commissary Agency announces new operating hours for the Fort Carson commissary:

Sunday: 9 a.m. to 5 p.m.

Monday through Friday: 9 a.m. to 8 p.m.

Saturday: 9 a.m. to 7:30 p.m.

The commissary closes Wednesday for annual accountability inventory and reopens Thursday.

The Directorate of Public Works performs road construction on Chiles Avenue between O'Connell Boulevard south to Prussman Boulevard. This portion of Chiles Avenue is closed to all traffic intermittently until further notice. For more information, call 526-9210.

Computer Based soldiers and Depar
CBT offers more than technology applications must be done from a address. Once registered any computer with Internet taken over the Internet or log on to the registration at:

<http://www.army>

The Fort Carson Bag Sale is Wednesday building 1008, on t and O'Connell Bou
dollar per bag on all information, call 526-

The Mountain "Healthy Cooking Friday of every mo
held in building 1526 sharing ideas and a g seating limited. To sign

The Fort Carson Association, Silver General Mills box Carson schools. Th missary, post exchange throughout the school call 526-8593 or 526-

TriCare conducts Initiative Program classes at the Mount
Classes are offered Thursdays at varying 5000 to inquire about

The Fort Carson Club hosts its annual April 6 from 9 to 11 shop of Fort Carson 7800 (on Titus Boul
call Flo at 392-1096

The United Ser YMCA host "Friday YMCA's downtown
"St. Patrick's Day Celtic trivia, guess the crafts.) "Easter Celebration egg hunt, visit from \$1 for adults and 50 age and under for all ities and dinner is alv to the first 110 milita

Military Briefs

The next Sergeant Audie Murphy Club holds meeting is Thursday at 3 p.m. in the main conference room of Fort Carson Headquarters, building 1430. For more information, call 526-2409.

The Third Cavalry Association in association with Vladimir Arts sponsors an art auction March 28 at 2 p.m. at the Elkhorn Conference Center. A preview of the art is offered at noon. Vladimir Arts specializes in military prints and related subjects. The auction is a fund raiser for the Third Cavalry Museum and is also offered via the Internet at <http://vladimirarts.com/>.

Grant Post Library has paperback books available for units departing Fort Carson for training. Boxes of new, popular paperbacks (maneuver book kits) can be obtained easily — no paperwork or prior planning is required and the books do not need to be returned. The soldier responsible for the unit must come by, provide the name of the unit, the number of soldiers going to training and the length of time they will be gone. Call 526-8144 for more information.

Pre-Retirement Orientations are now held the second and third Wednesdays of every month at 8 a.m. in building 1218, room 221.

The Regional Training Support Center airs the film "Understanding the Centralized Promotion System" daily at 11:30 a.m. and 2 p.m. through Sunday on Charter Communications Channel 10. For more information, call 526-5111.

The Public Affairs Office is seeking a soldier with Web site maintenance experience who can be released from his or her unit for duty at the Public Affairs Office. For more information, call Maj. Greg Julian at 526-1269.

C Company, 64th Forward Support Battalion uses CS smoke in training area 49 Monday

through March 19. For information, call 526-1197.

A Troop, 1st Squadron, 3rd Armored Cavalry Regiment, uses CS capsules Tuesday on Range 72. For more information, call 526-1549.

Enrollment in military correspondence courses is done electronically. Paper enrollment applications are no longer accepted. Enrollments in most military correspondence courses can be done from any computer with Internet access. The Web address is: www.atsc.army.mil/accp/accpenrol.htm. Training noncommissioned officers should contact Garry Fleming for enrollment procedures at 526-4121.

The Fort Carson Safety Office conducts the following safety courses:

- Motorcycle Safety Course, building 1117, room 309A, March 23.
- Three-day Safety Officer Training Course, building 1117, room 223, Monday to Wednesday.

Attendees are required to bring a copy of their respective duty appointment memorandum to the three-day Safety Officer Course.

The following items are required for attending the Motorcycle Safety Course: motorcycle, driver's license, vehicle insurance, registration, closed finger gloves, leather boots, reflective vest and motorcycle helmet. For more information, call Curtis Faulk at 526-8044.

The Fort Carson Tax Center is open. This is a free tax service for servicemembers, family members and retirees. Refunds are possible in 10 to 20 days. The center offers answers to tax questions, forms, preparation of both state and federal tax forms and electronic filing. The center's hours of operation are Mondays through Wednesdays from 7:30 a.m. to 7 p.m., and Thursdays from 1 to 7 p.m., except federal or training holidays. The tax center is open on the following Saturdays: April 3 and 10. For more information, call 524-1012 or 524-1013.

Records Management will conduct MARKS classes on the following dates: Wednesday, April 21 and May 12. All classes are 9 a.m. to 3 p.m. in building 1550, classroom A. To attend, submit a memorandum with full name, rank, organization and point of contact with telephone number to

Management Services. For more information, call 526-2107; fax number, 526-2108. To all units and personnel, please coordinate with the request that a temporary person or your group put one person on the van to transport the group should be put in the van. The van is not to be driven on the range.

The Army Recruiting Center the Recruiter Team consists of commissioned officers from the 1st Cavalry Division. A class to volunteer for a recruiter. For general information, call (800) 368-7632. Information may also be found on the Web site:

www.goarmy.com

The Directorate of Training is offering the following classes:

- Forklift Safety Course, June 7 and Aug. 16.
- Driver Examination Course, June 29; April 12, 19 and 21; July 12, 19 and 27. See your schedule classes with the Directorate of Training.

Fraud, waste and abuse

The Fort Carson Command has been selected to investigate fraud, waste and abuse. The command allows members of the public to report suspected fraud, waste and abuse.

To report suspected fraud, waste and abuse, call the government, call the toll-free number. Callers can remain anonymous. The investigation is confidential. The command has enough information to conduct a low-up investigation.

Sports & Leisure Athletics

The Fort Carson Outdoor Adventure Program offers cross-country skiing to the Lost Wonder Hut that sits just below Monarch Pass.

Participants need to provide personal gear such as sleeping bags, back country skis, toiletry items and clothes on this trip since the hut is equipped with all the amenities. Program staff can advise

at 7 p.m. at the Fort Carson Outdoor Adventure Unit 591 hunting program. Anyone interested in attending and learning more about the hunting program. The program is located five miles from the Fort Carson, Route 115. For more information, call 526-1197.

Get Out!

Academy Gala

Are you planning to watch the Academy Awards? How about watching it on 10-foot screens at the second annual Academy Awards Gala, March 21, at 5 p.m. Held at the Sheraton Colorado Springs Hotel, activities include cocktails, music, dancing and an appearance by television and film star William Devane. Tickets are \$45 each. Reservations are required by Monday. Call 635-7506, extension 131.

St. Patrick's Day parade

The place to be Saturday is Old Colorado City for the annual St. Patrick's Day parade. Beginning at noon, 90 floats, music or marching groups parade down Colorado Avenue, between 19th and

27th Streets. Get there a little early to find parking.

St. Patrick's Day Music

A one-hour concert of light classical favorites, dubbed "Symphony Happy Hour," or munchies with Mozart and Beer with Beethoven, Wednesday, 6:30 p.m., at the Pikes Peak Center, 190 S. Cascade. Tickets are \$10, and snacks are free. There is a cash bar.

Irish dancing

In the traditional Irish style of "Riverdance," the show "The Spirit of the Dance" is at the Pikes Peak Center, 190 S. Cascade Ave. March 19 and 20. Tickets are \$18 up. Call 520-SHOW for tickets.

Colorado Springs Symphony

The "People's Choice Concert" is tonight and Saturday at 8 p.m. The concert features the music of Andrew Lloyd Webber, Star Wars and Broadway. Tickets start at \$10, call 633-6698 or 520-SHOW.

Men's harmony

One last chance to catch "Forever Plaid," the acclaimed musical featuring music from the 50s and 60s. Tonight, Saturday and Sunday performances are at 8 p.m., at the Fine Arts Center theater, 30 W. Dale St. Call 634-5583 for reservations, \$18 in advance or \$20 at the door.

Buffalo Soldiers Exhibit

This is the last weekend to see "The Buffalo Soldiers" exhibit at Colorado Springs Pioneers Museum, 215 S. Tejon St. It closes Saturday at 5 p.m. Entry to the museum and exhibit

are free. The museum is open Tuesday through Saturday.

The World Arena is coming up. March 21, "Happily Ever After" some matinee performances. "Ice" 1999 summer tour. silver and bronze medals. Try the web site, www.ice1999.com, 579-5656.

Concerts

The Air Force Academy April, at Arnold Hall, April 1 at 7:30 p.m. April 1, "Louis," is April 24, for ticket information.

Hi

"The Tragically Hip" Music Hall, 2175 E. Colorado Ave. Tickets are on sale at the web site www.uniconcerts.com.

"Firefall" is March 20 at Colorado Music Hall. Upcoming: Ricky Van Shelton July 24.

Imagination

Colorado Springs Pioneers Museum sites selected for part of the Center program. "The Imagination Celebration" the food court. Your visit from 5:30 to 8:30 p.m. Celebration events include



Courtesy photo

Colorful floats are part of the St. Patrick's Day Parade held every year in Old Colorado City.